



What to Expect at the Huron Perth Healthcare Alliance During COVID-19: Preparing for Surgery

To ensure the health and safety of staff, physicians and patients attending the Huron Perth Healthcare Alliance (HPHA) during the COVID-19 Pandemic, the HPHA requires all patients who will be receiving surgery to follow the below guidance prior to their surgery.

Stay home

- Work from home if possible, or take appropriate measures at your place of work.
- Avoid non-essential trips outside your home except to go to work or to attend essential appointments.
 - Only go on trips to the grocery store, pharmacy and bank if no one else can do this for you
- Use delivery services where possible. Use tap to pay, if possible.
- No visitors at home unless essential (e.g. care providers).

Physical Distancing

- Try to minimize contact with others in your home.
- Avoid public transportation (buses, taxis, shared rides etc.).
 - If not able to avoid public transportation, keep 2 meters (6 ft.) distance from others, wear a non-medical mask or use the back seat if in a car.
- Avoid crowds or gatherings.
- If you are in a room with other people, keep a distance of at least two metres (6 ft.) and wear a mask that covers your nose and mouth.
- Wear a non-medical mask or face covering in areas where physical distancing is not possible (stores, public transportation, etc.)

Wash Your Hands

- Wash your hands often with soap and water for at least 20 seconds and after using the washroom and when preparing food.
 - Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose or mouth with unwashed hands.

Self-Monitor for Symptoms of COVID-19

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| Fever | Unexplained fatigue/malaise/muscle aches | Sore throat or painful swallowing |
| New Cough or Worsening Chronic Cough | Runny nose/nasal congestion (without other known cause) | Nausea/Vomiting/Diarrhea/Abdominal Pain |
| Difficulty Breathing or Shortness of Breath | Loss of sense of smell or taste | Chills |

If you develop symptoms, please notify your primary care practitioner and Local Public Health Unit as soon as possible and seek appropriate medical treatment

Your understanding and cooperation is appreciated to ensure we can provide the best and safest possible care for your upcoming procedure at Huron Perth Healthcare Alliance