

Possibility of Cancellation

RVH and its surgeons follow strict precautions to ensure you receive safe, quality care. These are uncertain times, so there is a possibility that unanticipated factors may cause procedures to be cancelled -- including the day of surgery. We will try to give you as much notice as possible, but please understand that some factors are out of our control.

Possibility of COVID exposure

RVH takes all measures to ensure staff and patient safety, including daily employee and physician staff screening, immediate testing of symptomatic employees, self-isolation of patients prior to admission etc.) We know patients who don't have any COVID symptoms can still transmit the virus, so there is always a risk of being exposed to COVID-19 in any public space including our health centre. Patients need to consider this risk when determining if surgery is right for them at this time.

For additional information please visit the Ontario Health website www.ontariohealth.ca/COVID-19

For information on how to self-isolate please visit the following website:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>



Your safety is RVH's highest priority and as we ramp-up surgical procedures, we will take all precautions to keep you safe and minimize your risk of contracting COVID-19.

Leading up to your procedure, these are things you need to know:

Getting Ready for Surgery

When you visit your physician, they may request you have a COVID-19 swab test performed prior to your planned surgery. Your doctor will give you specific instructions on the process.

Self-Isolate

Self-isolate as much as possible for 14 days before the day of surgery. Patients who develop COVID-19 (even if asymptomatic) before or after surgery have very high rates of complications and death after surgery. Self-isolation is the best way to minimize getting COVID-19. You will be minimizing the risk to yourself, RVH staff and physicians and also to other patients.

Wearing a Mask

- Mask-wearing is especially important if you work outside the home, or live with people who do
- Wear a mask, even at home, when you are within 6 feet (or 2 meters) of anyone 14 days pre-operatively whenever possible and tolerated
- The mask can be any mask (including cloth) you have access to
- Household contacts should also wear a mask whenever they are within 6 feet of you



Hand Hygiene

- Frequently wash your hands for at least 15 seconds and avoid touching your face
- Disinfect common, high-touch surfaces regularly

Monitor Symptoms

Immediately notify your surgeon and/or RVH if you or your household contacts are diagnosed with COVID-19 or have:

- Contact with anyone with an acute respiratory illness or travelled outside of Ontario in the past 14 days
- Not received your required COVID – 19 swab results
- Contact in the last 14 days with anyone who has had COVID or was suspected to have COVID
- Fever
- New or worsening cough
- New or worsening shortness of breath
- Sore throat or difficulty swallowing
- Runny nose or nasal congestion without other known cause
- Decrease or loss of sense of taste or smell
- Nausea, vomiting, diarrhea, abdominal pain
- Unexplained fatigue/malaise/sore muscles
- Chills
- Headaches (new or unexplained)
- Pink eye (conjunctivitis)
- If you are over 70: delirium, unexplained falls, acute functional decline, or worsening of a chronic disease



Day of Surgery

- Self-monitor for symptoms listed above and call the hospital if you develop them
- Plan to have someone drop you off at the Main entrance; a staff member will help you register
- You will be given a mask and screened for symptoms at the Main entrance; proceed directly to Central Registration
- Try to avoid the use of public transportation

Visitors and Surgical Patient Tracker

- Please see the RVH website for up-to-date visitor guidelines or call 705-728-9802 to enquire.
- We need to maintain spaces in our waiting rooms for social distancing, so a support person with a working cell phone must be available to pick you up within 15 minutes of a call from RVH
- If you want a friend or family member to receive information on how to track the progress of your surgery please direct them to the RVH website Surgery Patient Tracker and provide them with your tracking number. Your tracking number will be given to you the day prior to your surgery when you are given your surgical arrival time.
- Please bring along with you written contact information for a designated support person

