

Preparing to come to hospital, including self-isolation if required

If you are coming to hospital for a procedure or surgery, we ask that you take extra care in the 14 days before your procedure or surgery. Please follow the national guidance; physical distancing rules (keep a two-metre distance from others), wear a face covering and practise good hand hygiene (wash your hands regularly and for at least 20 seconds each time).



Do I need to self-isolate too?

We are following national guidance on when self isolation is necessary to help ensure you are not infected with Covid-19. We are recommending that you self-isolate for 14 days.

Please discuss your individual circumstances with your consultant or care team, and if you think you will have difficulty self-isolating, please let them know.



What does self-isolating mean?

Self-isolating means you need to stay at home and avoid contact with anyone inside or outside your home. Please discuss your individual circumstances with your consultant or care team.

You may want to record the number of days you need to self-isolate here:

Where possible, this means that all members of your household should stay at home during this time as well.

If you live with others, there are some practical steps to take. These are:

- staying physically apart as much as possible, sleeping in separate rooms and using different bathrooms where possible
- minimising the amount of time you spend in shared spaces such as the kitchen
- trying to stay at least two metres (three steps) apart
- regularly cleaning, with disinfectant, any surfaces you use a lot, such as kitchen counters
- not using the same towels or crockery and making sure everything has been washed thoroughly before it is used by someone else.