

Tips for Self-Isolation prior to Surgery

April 30, 2020

Stay at home!

As much as possible, stay at home. Try not to make any unnecessary trips. If essential errands need to be done outside the home (like grocery shopping), it's best to ask family or friends for help. Avoid having visitors in your home.



Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- Avoid sharing dishes, drinking glasses, cups, eating utensils and towels with other people in your home.
- Wash items thoroughly after using them with soap and water or put in the dishwasher.



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