



CGMH Preoperative COVID Pandemic Measures CGMH Preoperative Patient Isolation

It is crucial that you do not contract COVID-19 before or immediately after your surgery or procedure. We will do our part to ensure your well-being and we are asking you to do the same.

What are we asking you to do?

Isolate yourself for 14 days before your surgery or procedure and maintain strict physical distancing from others that you do not live with. Physical distancing means staying at least 2 metres (or 6 feet) away from others and limiting activities outside the home. These steps are necessary so that you do not come into contact with and contract COVID-19.

Stay home

Work from home, if possible.

Have another family member or friend shop or run errands for you or use delivery services if necessary.

Stay in touch with friends and family through phone, instant messaging or video chat.

Travel to the grocery store, pharmacy and bank only if essential and limit the frequency.

If picking up food or a prescription, call ahead so it is ready when you arrive.

If you must continue working, discuss any concerns about physical distancing with your employer or supervisor.

What can I do?

Clean your hands with alcohol-based hand sanitizer, or soap and water after any contact with others.

If you must go out, clean your hands with alcohol-based hand sanitizer, or soap and water when you return home

If you must go out, consider wearing a mask.

Exercise at home or outdoors near your home, but not with a group.

Go for a walk in your neighbourhood while maintaining distance (2m) from other people.

Greet neighbours and friends with a smile, wave, bow or nod.

What should I avoid?

Non-essential trips outside your home

Public places, gatherings and group activities

Visiting friends

Visitors to your home unless they are essential

Sharing food or utensils

Hugging or shaking hands

Rubbing your mouth, nose and eyes.

Contact with anyone who is unwell

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets from an infected person to others.

You can access up to date information on the Ontario Ministry of Health's website: ontario.ca/coronavirus