Instructions After COVID-19
Test Before Your Procedure
Isolate Yourself From Others

You were tested for COVID-19 today to protect you, our staff and other patients before your procedure or surgery. The results will take 1 to 2 days to come back.

Until you have your procedure, you need to limit your contact with other people to prevent possible exposure to the virus. Follow these instructions to protect yourself until you have your procedure.

**Go straight home**

Stay home until you need to go to your procedure or surgery. Do not leave your home unless you need urgent medical care.

Stay away from others in your home as much as possible. Avoid visitors.

Keep at least 6 to 10 feet away from others in your home. Don’t sleep or spend time in the same room with others. Use a different bathroom, if possible.

Wear a face mask when others are around, and have them wear face masks also. If you require close contact for help, your caregiver should wear a face mask and gloves whenever handling any bodily fluids.

Do not share bedding, towels, dishes, utensils or drinking containers. Wash dishes in hot water or use a dishwasher.

**Protect yourself and others**

Wash your hands well and often with soap and water.

- Wet your hands with clean water and apply soap.
- Rub the soap on your hands to get a bubbly lather.
- Scrub the lather over the backs and fronts of your hands and fingers, between your fingers, and under your nails for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Be sure to wash your hands:

- After blowing your nose, sneezing or coughing
- After using the bathroom
- Before eating or preparing food
- Before touching anyone else in the house

Anyone helping with your care should also be washing their hands well. Be sure to wash before and after providing any care or having any contact with trash, laundry or utensils.

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Wexner Medical Center

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Clean and disinfect high-touch surfaces in your household at least every day. This includes door knobs, tables, countertops, light switches, handles, keyboards, phones, remotes, touch screens, toilets, faucets and sinks.

- Most household disinfectants should be effective, such as Lysol, Clorox or similar store-brand products. Follow the instructions on the container.
- You can also use a diluted bleach solution to disinfect surfaces. Be sure to leave it on for at least one minute and allow for good ventilation in the area during and after use. Check that the bleach is not expired. Mix 5 tablespoons or ⅓ cup of bleach in a gallon of water, or 4 teaspoons of bleach in 1 quart of water.

Limit contact with pets and animals

Limit contact with pets and animals, just like you would people.
- When possible, have another member of your household care for your animals until your procedure is done.
- If you must care for your pet or be around animals, wash your hands before and after you touch the animal or any of the animal’s items. These include feeding bowls, bedding, crates, leashes or toys.

Watch for signs

Contact your doctor or the procedure site right away if you have any signs of illness such as:

- Cough
- Fever
- Chills
- Headache
- Sore throat
- Muscle or body aches
- Loss of smell or taste
- Nausea
- Diarrhea
- Vomiting
- Pain
- Shortness of breath or trouble breathing

Traveling to procedure

Have a responsible adult drive you to your procedure and back after.
- Both you and the driver should wear face masks.
- Sit in the back seat on the passenger side so there as much distance between you as possible.

Please avoid the use of public transportation, including the bus, taxi or Uber for example.

If you test positive

If your test shows you have COVID-19, your procedure may be postponed. You will be referred for care based on your symptoms. You should remain at home and isolate yourself for 14 days. You will need to be tested again before your procedure is rescheduled.
If it is not possible to delay your procedure, precautions will be taken to protect you and our staff.