

# Home Quarantine Guidelines for Surgical Patients

*Below are some guidelines to assist you with safely preparing for orthopedic surgery at Hoag Orthopedic Institute.*

## Why am I being asked to self-quarantine?

In light of the novel coronavirus/COVID-19 outbreak and community transmissions, we require that you quarantine yourself after your screening test and leading up to your surgery, in order to reduce the risk of being exposed to or infected with COVID-19.

## How long do I need to self-quarantine?

You will need to remain in quarantine until your surgery or procedure date in order to reduce the risk of being exposed or infected with COVID-19, which would cause your surgery to be canceled.

## What are the restrictions I need to adhere to while in self-quarantine?

It's important that you restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home
- Do not go to work, school, or public areas
- Limit the number of people in your home; do not allow visitors
- Separate yourself (at least six feet away) from others in your home.
- If you are unable to stay six feet away from others in your home, everyone should wear a mask or a cloth face cover over your nose and mouth.

## Can I leave my residence during self-quarantine?

You may not leave your place of quarantine or enter another public or private place. The only exception is if you need to seek necessary medical care.

## What if I need medical care?

If you have a medical emergency, please call 9-1-1. For other medical issues, call your doctor first to get advice by phone or telehealth. If you leave your home for medical care, you should wear a mask. If you don't have one, wear a cloth face cover.

## How do I monitor my health during the self-quarantine period?

Monitor your health for the following signs and symptoms of COVID-19:

- Fever
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of sense of smell and taste
- Other early symptoms to watch for include: chills, body aches, headache, diarrhea, nausea/vomiting or runny nose

## What if I develop symptoms?

In the event you develop symptoms or need to leave your place of quarantine in the days after your COVID-19 test was obtained, please notify your surgeon to discuss your situation and any implications for your care plan.

