

North Bay Regional Health Centre

Clinical Services

Self-monitoring in preparation for surgery/procedure

You have been booked for a procedure by Dr _____ on

North Bay Regional Health Centre is requesting that all patients coming to hospital for procedures try to reduce their risk of exposure to illness in the community and self-monitor for symptoms of illness.

Please practice **good health habits** and **check your temperature and symptoms** for 14 days prior to your appointment date beginning:

Date: _____ until Date: _____

Practice **good health habits** to decrease risk of exposure to illness:

Wash your hands

- Wash your hands using soap and water,
- Dry with paper towel or towel that is not shared.
- Clean your hands with alcohol hand sanitizer if soap and water not available.



Stay home if you can

- Do not use public transit, taxis or rideshares if possible.
- Stay home if feasible, work from home if you can and avoid any unnecessary public outings



Avoid contact with others

- No visitors to your home unless essential (e.g. care provider)
- If possible, stay in separate room from other people in your home and use separate bathroom if you have one
- Make sure that shared rooms have good airflow (e.g. open window if weather permits)
- If you are not able to separate yourself from others make sure you keep a distance of at least two meters from others at all times.

- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency)

Keep your distance

- If you are in a crowd, keep a distance of at least two meters (6 feet) and wear a mask that covers your nose and mouth



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze and put tissue in the garbage. Wash your hands
- Cough or sneeze into your upper sleeve or elbow, not your hand



Wear a mask over your nose and mouth

- Wear a mask when leaving the house
- Wear a mask when you can't keep a distance of two meters or more from people or stay in a separate room
- If you do not have a mask, keep a distance of at least two meters or more from people



We also request that you **self-monitor** using the record provided.

- Check your temperature and symptoms twice a day for 14 days and record them.
- Symptoms of Coronavirus (COVID-19) include: fever, dry cough, new or worsening shortness of breath and difficulty breathing. Other symptoms may include muscle aches, fatigue, headache, sore throat or runny nose
- If your temperature is 38 C/ 100.3 F or higher, or you have a dry cough, new or worsening shortness of breath or difficulty breathing call **Telehealth (1-866-797-0000) or North Bay Parry Sound District Public Health at 705-474-1400 and your surgeon.**
- **If you had a COVID-19 swab test done, and your result is not available, please contact your physician for further direction**
- **Please use the following record to aid in your pre-op self-monitoring. If you have a temperature of over 38°C, or any of the above-mentioned symptoms, contact Public Health and your surgeon's office immediately. We do not require you to bring this form on the day of your surgery.**

North Bay Regional Health Centre

Surgery Self-monitoring in preparation for surgery/procedure

	Date	<u>TEMPERATURE READING</u>				<u>SYMPTOMS</u>
		Time	Morning Temperature	Time	Evening Temperature	Fever, cough, shortness of breath or difficulty breathing Other symptoms: muscle aches, fatigue, headache, sore throat or runny nose
		Check your temperature by mouth using a thermometer and do not share it with anyone				
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						