

# Information for Patients



## Undergoing a Procedure During the COVID-19 Pandemic



The Mount Sinai Health System is committed to the safety of our patients and staff. While we understand that you may feel nervous about coming to a hospital or doctor's office, we want to reassure you that we are doing our very best to keep you safe before, during, and after your visit with us.

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Your surgery is currently scheduled to proceed on the planned date and time, but we ask that you remain flexible given the evolving situation and we will work with you if things need to change.

### What can I do to stay safe before and after the procedure?

It is critical that you take the following precautions whenever possible in the 14 days prior to and after your procedure. The simplest, most scientifically proven prevention methods include:

- Informing your doctor immediately if you have any contact with a suspected or confirmed case of COVID-19 or a person with symptoms that are consistent with COVID-19 or if you develop any symptoms consistent with COVID-19 or get a positive test result for COVID-19
  - Symptoms include: cough, fever (>100F), shortness of breath, body aches, chills, general fatigue, and new loss of sense of taste or smell
- Social distancing of at least six feet between people when possible
- Minimizing interaction with other people except as necessary
- Avoiding any close contact with people who are sick with COVID-19 symptoms



- Frequent hand-washing or sanitizing for at least 20 seconds each time, especially before and after eating, touching the face or nose, and putting on and taking off face masks or coverings
- Reminding people caring for you to wash their hands (e.g., before changing surgical dressing)
- Regular and frequent cleaning of high-touch surfaces (e.g., doorknobs and bathrooms)
- Always wearing a face mask or cloth to cover nose and mouth when outside the home

### Can I have someone come with me to the procedure?

You can have someone bring you to and pick you up from your procedure. Visitors may not be present during procedures and in the recovery room, except for childbirth, pediatrics and patients with an intellectual, developmental or other cognitive disability. For more details on our visitor policy, [visit https://www.mountsinai.org/about/safety-hub/patients/visit](https://www.mountsinai.org/about/safety-hub/patients/visit). Please be sure to give a name and phone number so we have someone to reach to discuss your status and progress.

### Do I need to wear a mask/face covering?

All patients are required to wear a face covering while in Mount Sinai facilities. If you do not arrive wearing a face covering, a surgical mask will be given to you.

### Should I be concerned about being near people who have COVID-19 when I come to Mount Sinai?

We place patients who are COVID-19-positive in separate areas to limit the risk of exposing the virus to other patients.

### What is being done to minimize my risk of getting COVID-19 while I am at Mount Sinai?

Mount Sinai is closely monitoring this situation and has put in place safeguards aimed to reduce the spread of COVID-19. We are keeping patients and staff safe by:

- Continually disinfecting all areas and frequently touched surfaces
- Requiring all patients and staff to wear face coverings
- Following social distancing protocols (keep six feet of distance)
- All patients will be screened for COVID-19 symptoms. Patients showing symptoms will be referred for appropriate care.
- Testing our staff for exposure to COVID-19
- Implementing strict isolation practices to separate COVID-19 patients from other



### Why are you screening and/or testing me for COVID-19 even if I don't have symptoms?

We want to perform your surgery in the safest possible circumstances to give you the best chance of a healthy recovery. It is possible that an individual can have COVID-19 even if they do not have any symptoms. Your doctor will discuss with you getting tested for COVID-19 prior to your surgery. You will also be screened for COVID-19 symptoms when you arrive for the procedure.

### How can my family/caregiver help keep me safe before and after my procedure?

The actions and behaviors of those closest to you are especially critical during the post-operative recovery phase. If they have any symptoms of COVID-19, they should



self-isolate and get medical care. Everyone should focus on hand hygiene (use soap and water or hand sanitizer), social distancing, wearing a mask when outside the home, and avoiding contact with anyone who may be sick with COVID-19 symptoms.

This information is in addition to the instructions that are given to you by your doctor to help you prepare for and recover from your procedure. Your doctor is available to answer any additional questions you may have about your procedure.

For more information on COVID-19, please visit our website:

[www.mountsinai.org/about/safety-hub](http://www.mountsinai.org/about/safety-hub)

Information is subject to change based upon updated information from the CDC, New York State Department of Health, and other sources. **Updated: June 25, 2020**

