

Self-isolation for surgical patients

This leaflet gives important instructions of how to prepare for your child's surgery. If you do not follow these, your child's surgery may have to be cancelled. If you have any questions, please speak to your child's surgical team.

In order to protect your child, and make sure that your child is as prepared for surgery as possible, we need you and your child to follow strict self-isolation guidelines before and after your surgery. This is to reduce the risk of you catching coronavirus (COVID-19), which can impact on surgery, recovery, and, in some cases, cause serious complications.

The guidelines we provide for self-isolation are stricter than standard Government guidance. We understand that this will be difficult but, if your child and the people your child lives with are not following this guidance, we may have to cancel your child's surgery. Please speak to the surgical team if you wish to discuss these instructions as we are unable to give advice here for individual circumstances.

During the self-isolation period your child and the people your child lives with should:

- Strictly avoid contact with anyone displaying symptoms of coronavirus (please refer to the screening questionnaire included for coronavirus symptoms).
- Not leave your house (you may use your garden or balcony if you have one). If you do not have a private outdoor space you may go to an open outdoor space (such as a park) once a day but you must maintain social distancing.
- Not attend any gatherings. This includes gatherings of friends and families in private spaces, for example, family homes, weddings and religious services.
- Not have any visitors, except people who give you essential care.
- Not go out for shopping, leisure or travel. When arranging food or medication deliveries, these should be left at the door to minimise contact.
- Regularly wash their hands with soap and water for at least 20 seconds.
- Avoid touching their eyes, nose, throat and mouth with unwashed hands.
- Clean and disinfect frequently-touched objects and surfaces in your home.
- If possible, your child should sleep on their own.

The people your child lives with should support your child to stay safe and strictly follow guidance on social distancing.

- For those who must leave the home, they should minimise the time they spend in shared spaces with your child (kitchen, bathroom and sitting areas) making sure they keep a two metre distance wherever possible. Shared spaces should be well ventilated by opening doors and windows.
- Use separate towels and, if possible, use a separate bathroom from the rest of the household, or clean the bathroom after every use.
- Make sure all kitchenware is cleaned thoroughly.

Your child should not physically go to school during the isolation period. If it is possible for the other members of your household to work, or attend school, from home, they should do so.

This leaflet and the letter confirming your child's surgery can be shown to your employer to discuss your work options.

If anybody in your household needs to travel to attend essential hospital appointments during this time, they should travel by a private household car either on their own or only with someone from your household. Your child should stay at home. Keep the car well ventilated by opening windows. You must not use public transport or taxis (including Uber and similar services).

If anyone in your child's household develops symptoms of coronavirus, please contact the Alex Admissions team on 01273 696955 ext. 2347, 3150, 2348 or 2534 who will liaise with the surgical team.

Contact us

If you have any questions or concerns about isolation or the pre-assessment process, please contact the pre-assessment team on 01273 696955 ext. 2347, 3150, 2348 or 2534 Monday to Friday, 9am-5pm

Useful sources of information

Government coronavirus information: www.gov.uk/coronavirus

NHS coronavirus information: www.nhs.uk/conditions/coronavirus-covid-19/