

Step 1: Preparing for your surgery or procedure at Plumas District Hospital

To help minimize risk of asymptomatic spread of coronavirus during your procedure we ask that you:

- **Quarantine** yourself to protect yourself from others in the community.
- Follow **physical distancing and handwashing guidelines**. This applies to the person who will be bringing you to and from surgery as well.
- **Avoid contact with others or leaving the home** as much as possible prior to surgery.
- **Pre-surgery COVID-19 testing**: We want to perform your surgery in the safest possible circumstances to give you the best chance of a smooth recovery. We will be scheduling you for **coronavirus testing two days prior to your procedure even if you do not show symptoms consistent with the virus**. We are doing this as a precautionary measure so that we have all of the information we need to provide you with the safe care.
- **Check for the symptoms** daily prior to surgery and notify us if you have any of the following: :
 - Fever ≥ 38.0 C (100.5 F) last 24 hours
 - New respiratory symptoms (e.g. cough, shortness of breath, respiratory distress, sore throat)

Step 2: Stay flexible

Your surgery is currently scheduled to proceed on the planned date and time, but we also have to be flexible to deal with any potential changes regarding the capacity of our hospital and providers. We would appreciate your understanding if things change, and in return we promise to keep you informed with up to date information with what is happening here at PDH, as well as keeping your best interests at the forefront.

Step 3: Understand what to expect day of surgery

We have some **strict guidelines** in place to ensure everyone's safety that you will see immediately upon arriving at our facility.

- Please have your designated person drop you off **one hour prior to your surgery start time at the emergency department entrance**
- We are only allowing one visitor in the recovery room after the procedure.
- We can have someone meet you at curbside to assist you if require additional help getting into our building.
- Upon entering our facility, you will be health screened by one of our staff.
- As an extra layer of protection, you will notice our entire staff will be wearing surgical masks. You will be asked to wear a mask for your safety.
- You will then be asked to wait in the lobby until you are checked in and sign appropriate paperwork.

- Please be sure to include the contact information of your designated point person.
- As soon as the surgical team is ready for you, they will come escort you to our pre-op area.
- Our surgical staff will keep your designated point person informed of your progress.
- As soon as you are ready to go home, we will coordinate teaching instructions and pick-up with your designated person **or**
- After you have recovered in our post anesthesia care unit (PACU), you will be moved to your hospital room where they will take excellent care of you until you are ready to go home.

Please know we genuinely care about you, and will do everything we can to provide you with the safest and best possible care experience.