

Instructions to Follow After the COVID Test Prior to Your Surgery

The coronavirus (COVID-19) is a highly contagious virus that spreads easily through droplets from the saliva of an infected person when they speak, cough or sneeze and/or when our hands touch a contaminated surface or object that we then bring to our face.

COVID-19 affects individuals in different ways. The most common symptoms are: fever, dry cough, fatigue. The least common symptoms are: muscle soreness, sore throat, diarrhea, conjunctivitis, headache, sudden loss of sense of smell with or without loss of taste, rash, or discolouration of the fingers or toes. On average, the onset of symptoms in a person infected with the virus takes five to six days, but can be as long as fourteen days. It's important to note that some people can be carrying the virus and not have any symptoms.

You have been tested for COVID prior to your surgery. Since prevention is the only way to protect yourself and others, it's very important to follow the instructions issued by public health, especially up until the day of your surgery.

COVID prevention instructions to follow prior to your surgery:

1. Stay home, don't go to public places or gathering spots;
2. Wash your hands frequently;
3. Practice physical distancing of two metres at all times;
4. Wear a mask or face covering (but still practice physical distancing of two metres if you are near another person);
5. Don't share your personal items;
6. You must have no contact with someone who is showing COVID-related signs or symptoms or someone who has been in contact with a positive case of COVID;
7. Stay alert and follow the public health instructions issued through the media (television, newspapers, radio, Internet) or on the website: *Québec.ca/en/coronavirus*;
8. Notify your doctor or nurse immediately if you develop COVID-related signs or symptoms or if you have been in contact with someone who has tested positive for COVID.

After your screening test, before the day of the surgery:

- Someone will contact you if the test result is positive.
- The operating room staff will contact you the day before your surgery to go through a validation questionnaire for COVID symptoms and exposure criteria and provide you with information to your surgery.