

Reducing your child's risk of contracting coronavirus before surgery

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

We will ask you to confirm several times before your child's surgery that you are following the guidance below. We understand that this may 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 understand that these measures have been put in place to keep your child safe, and speak to your surgical team if you want to discuss them further.

There are three parts to your preparation.

- 1) Social distancing
- 2) Self-isolation
- 3) Pre-admission swab for coronavirus

Your team will advise you on how long you should follow each part of the instructions.

Social distancing

This should be followed for two weeks before admission

Detailed advice on what this means can be found on the Government website,
w: www.gov.uk/coronavirus.

During the social distancing 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)
- maintain a distance of **2 metres** at all times with people you do not live with
- only socialise indoors with your household (this is stricter than Government guidance)
- only socialise outdoors in a group of up to six people from different households, or in larger groups if everyone is **exclusively** from one or two households
- limit the interaction with anyone outside the group you are with outside of your home, even if you see other people you know, for example, in a restaurant, community centre or place of worship
- limit the number of people you see socially
- do not hold or attend celebrations (such as parties) where it is difficult to maintain social distancing and **2 metres** between you and others
- when asked, provide your contact details to a business so that you can be contacted as needed by the NHS Test and Trace programme
- wash hands regularly with soap and water for at least 20 seconds.
- wear a face covering on public transport and other enclosed public spaces.
- shop safely – if possible have food delivered.
- exercise safely
- travel safely - avoid public transport if possible.

Self-isolation

This will be for 72 hours before admission

For some children in vulnerable groups this will be longer but you will be advised by your child's surgical team.

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 (and garden if you have one).
- not attend any gatherings. This includes gatherings of friends and families in private spaces, such as, 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 your eyes, nose, throat and mouth with unwashed hands.
- clean and disinfect frequently-touched objects and surfaces in your home.

- If it is possible, your child should sleep on their own.
- If you do not have a garden, you can go out to an open space once a day as long as you maintain social distancing.

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

Pre-admission swab for coronavirus

- We may need you to do a coronavirus swab test on your child before they are admitted to hospital. This depends on the current infection rate and we will let you know in advance if this is required.
- All children on arrival to hospital for surgery will have a swab for coronavirus.
- You and your child will need to **self-isolate** 72 hours before admission to hospital. If a swab test is done before surgery, the self-isolation time is from the day of swabbing until the day of admission.

Useful sources of information

What **Evelina London** is doing to continue to care for patients and to reduce the risk of spreading the infection, **w:** www.evelinalondon.nhs.uk/covid19

Government coronavirus information, **w:** www.gov.uk/coronavirus

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

Contact us

If you have any questions or concerns about isolation or the pre-assessment process, please contact the Evelina pre-assessment team, **t:** 020 7188 7188 extension: 56225, Monday to Friday, 9am-5pm.

If you have any queries about your child's surgery, please contact the service your child is under directly, on the contact details you already have for the service team.

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