

Self-isolation for surgical patients

This leaflet gives important instructions on 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 as possible for surgery, 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 the surgery and recovery.

The guidelines we provide for self-isolation are stricter than standard Government guidance. We will ask you to confirm several times before your child's surgery that you are following this 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.

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

Other people in the household

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

- If they 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 2 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 self-isolation period. If it is possible for the other members of your household to work/school from home, please 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, on their own or with someone from your household only. Your child should stay at home. Keep the car well ventilated by opening windows. If this is not possible, hospital transport can be arranged for you. 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 let us know.

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](http://www.evelinalondon.nhs.uk/covid19)

Government coronavirus information, [w: www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

NHS coronavirus information, [w: www.nhs.uk/conditions/coronavirus-covid-19/](http://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.

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline. **t:** 020 7188 3003, Monday to Friday, 10am-5pm
e: letstalkmedicines@gstt.nhs.uk

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