

Social distancing guidance for surgical patients

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

Social distancing

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 social distancing guidelines for two weeks before surgery. This is to reduce the risk of you or your child catching coronavirus (COVID-19), which can impact on surgery and recovery.

We will ask you to confirm several times before your child's surgery that you are following social distancing guidance. 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. Please speak to your child's surgical team if you want to discuss these instructions.

Detailed advice on what this means can be found on the Government website,
[w: www.gov.uk/coronavirus](http://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 they do not live with
- only socialise indoors with their household (this is stricter than current 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 their interaction with anyone outside the group they are with outside of their 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 they see socially
- do not hold or attend celebrations (such as parties) where it is difficult to maintain social distancing and **2 metres** between them 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

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 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 on public transport during this time, they should strictly follow social distancing guidance at all times.

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

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.

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

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

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