



Information for your upcoming surgery or procedure

We thank you for choosing Hackensack Meridian Health for your upcoming surgery or procedure. We understand you may be concerned about COVID-19 and we want to provide you the following information to help keep you safe.

How is COVID-19 spread?

- COVID-19 is spread from person to person primarily through droplets produced when an infected person, coughs, sneezes or talks.
- Sometimes COVID-19 may be spread by people who are not showing symptoms.

How do I keep myself safe and avoid being exposed to COVID-19?

- Refrain from travelling to states with a significant spread of COVID-19
 - Please check the list of states on New Jersey's Travel Advisory. This list is regularly updated:
 - <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>
 - If you have travelled to one of the states on the New Jersey Travel Advisory, it is advised to self-quarantine for 14 days upon our return to New Jersey.
 - Travel includes by train, bus, car, plane or any other method of transportation.
- Avoid going out to public spaces as much as possible.
- Avoid close contact with anyone else who is sick, even in your home.
- Wear a face covering when leaving your house.
- When outside your home, stay at least 6 feet apart from other people.
- Wash your hands often with soap and water or hand sanitizer especially after being in a public place.
- Clean AND disinfect frequently touched surfaces in your home daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Will I be tested for COVID-19?

- Adults and Pediatrics
 - Yes, we will schedule COVID-19 test within 6 days before the planned surgery or procedure
 - You may be required to have a chest x-ray or CAT scan depending on the surgery and your physician's recommendation
 - Once you have completed the COVID-19 test you should stay at home until the day of your surgery or procedure to reduce the risk of COVID-19 infection.

What else can I expect on the day of my surgery/procedure?

- One person may accompany you to the hospital.
- You will be given a face mask to wear when you arrive. Please wear at all times unless directed by a team member to remove.
- You will also notice that all our Team Members will be wearing face masks
- Everyone (Team Members, Patients, and Visitors) will have their temperature taken upon arrival
- Your surgery or procedure may be postponed or cancelled depending on your temperature, symptoms or test results on arrival

If you have questions or would like further information, please visit our COVID-19 information page at <https://www.hackensackmeridianhealth.org/covid19/>