

# Self-isolation information following surgery



If coronavirus infection occurs before you have surgery or during your recovery period following surgery, this could make your recovery more difficult, or increase your risk of serious illness or death.

To reduce the risk patients undergoing surgery will be tested for Covid-19 - 3 days before surgery and be advised to self-isolate before and following surgery.

## **Why is this important?**

There are several factors that in isolation or combined increase a patient's risk of developing Covid-19 and then it having a significant impact on their health, these can include amongst others:

Elderly patients, patients from a Black, Asian and Minority Ethnic group (BAME). Patients, who have undergone organ transplant, having treatment for cancer, are immunosuppressed or have conditions such as high blood pressure, obesity or diabetes.

For more comprehensive information please access NHS information via: <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/>. The lists may not include everyone who's at higher risk from coronavirus and may change as we learn more about the virus. Your risk may also relate to the type of surgery you are undergoing and any post-surgery treatment being planned.

Following your surgery, you will be advised to self-isolate for a period of time and this will depend on the surgery undertaken and your risk factors relating to Covid-19.

Please read the following tips and advice to assist you in self-isolating, including several contact numbers for support services in the community.

### **Whilst self-isolating you need to stay at home**

- Do not go to work, school, or public areas and do not use public transport or taxis.
- If possible, have a family member or friend pick up your food supplies, medicines or other essentials and bring them to you.
- If you need help buying groceries, other shopping or medication, there are many community support services in place.
- Alternatively, you could order your shopping online and your medication by phone. Contact your pharmacy to see what options they provide.
- Delivery drivers should not come into your property, so make sure you ask them to leave the items outside for collection.

Please go to the contacts section in this booklet for contact numbers and websites that can advise and assist with your needs.

## Living with other people

- Use a separate bathroom from the rest of the household, if available.
- If you have to share facilities, regular cleaning will be required.
- Use separate towels from other household members, both for drying yourself after bathing or showering and for hand hygiene purposes.
- You should avoid using shared spaces, such as kitchens, whilst others are present.
- Take your meals back to your room to eat.
- It is preferable to use a dishwasher to clean your crockery and cutlery. Alternatively, wash them by hand using washing up liquid and warm water and dry them thoroughly, using a separate tea towel.
- Everyone within your household should regularly wash their hands with soap and water for at least 20 seconds and avoid touching their face. Regularly clean frequently touched surfaces within the home.
- You can use your usual household detergents for cleaning your home. Remember, some areas are touched more often than others, for example door handles, handrails, remote controls and table tops.

We understand that it will be difficult for some people to separate themselves from others within their home. Try to do your very best to follow this guidance.

## Visits from essential carers

Any essential carers or visitors who support you with your everyday needs can continue to visit unless they have any of the symptoms of COVID-19. They should follow good hygiene practise:

- They must wash their hands with soap and water for at least 20 seconds on arrival to your house and often whilst they are there (or use hand sanitiser)
- They should keep two meters away where close or personal contact is not required and where this is possible.



## Dealing with self-isolation

Here are some things you can do to help make self-isolation easier.

- Plan ahead and think about what you will need in order to stay at home for the full duration of your recovery.
- Use any support you might have through friends, family and other networks during this time. Try to stay in touch with those around you over the phone, by post or online. This will support your mental health.
- Only do jobs around the house that you feel fit enough to do whilst recovering from your procedure. Any other tasks that are essential but you are not able to do, consider asking a family member or close friend to do these tasks for you.
- Ensure to use household disinfectants and detergents. These will kill any germs and viruses within your home.
- Have a few activities prepared, such as games or puzzles or simple crafts. Listen to the radio, read or watch television.
- Plan a calendar or diary of things that need to be done, for example any district nurse or therapy staff home visits.

## Once you are home from your surgery

Following discharge, the Surgery safety support team may contact you to offer you any additional support and discuss with you any problems you may be experiencing.

## Useful contacts

### NHS Volunteer Responders

If you, or someone you know, needs help or if you are a carer in need of support, our NHS Volunteer Responders are available. Call 0808 196 3646 between 8am to 8pm to register and arrange for help.

They provide support to the following groups:

- People who want to continue to stay at home or who need to avoid busier public spaces, such as supermarkets
- People with caring responsibilities

- People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms
- People who've been instructed to self-isolate by the 'Test and Trace' service, because they've been near someone infected.
- People who are self-isolating ahead of planned hospital care.
- Frontline health and care workers.

## Services available in Doncaster

### **Doncaster Community Hub**

Contact 01302 430300. This is a free service organised by St Leger Homes in Doncaster. They can help with:

- Money troubles
- Support caring for children
- Providing someone to talk to
- Concerns about neighbours or family members
- Delivery of emergency food. A small charge may be made for food parcels
- Collection and delivery of medication (emergency prescriptions only)
- Signpost and support to other sources of help, including local volunteers.

### **Age UK**

Providing support to Doncaster's older population. They can be contacted on 01302 812345 or email: [admin@ageukdoncaster.org.uk](mailto:admin@ageukdoncaster.org.uk)

### **Doncaster Community Development**

This service offers help to the vulnerable and elderly in the DN1, DN2, DN3, DN4 postcode areas.

Call 07493 457936 if you require help with groceries, essentials or medicine. There is no service charge, all that is required is reimbursement of costs of goods. Your essentials will be left on your doorstep.

## Services available in Retford, Worksop and surrounding areas

### **Bassetlaw Community and Voluntary Service**

To access these services call Bassetlaw District Council on 01909 533533 between 9am – 5pm, seven days a week.

Bassetlaw District Council is working with Bassetlaw Community and Voluntary Service (BCVS), Nottinghamshire County Council, community groups and other agencies in Bassetlaw to provide help and support for vulnerable residents at risk from coronavirus.

The Council and BCVS can help by:

- Picking up prescriptions
- Providing help with shopping
- Arranging food parcels for those in need and are not in receipt of a government food parcel.

### **Nottinghamshire Community Support and Volunteering Hub**

Nottingham residents can call 0300 500 8080 to speak with their trained staff and support network of volunteers. They are on hand to support you with:

- Standard health and social care
- Safe and well checks
- Dog walking
- Social contact/virtual befriending
- Food and medicine collections
- COVID-19 support

### **Age Concern**

Contact 07790 230673

### **Tuxford Dial A Trip**

Offering help with food and prescriptions. Call 01777 948384 between 9.30am and 12.30pm, Monday to Friday.

### **Everton and surrounding areas**

Contact 01777 817978 or 01777 701541

### **Bassetlaw Action Centre**

Contact 01777 709650

# DIGITAL SOCIAL CLUBS

## Virtual meet-ups for adults

Want to meet new people?  
Looking to try something new?  
Interested in history?

### THE HISTORY BOOK CLUB

Every other Wednesday from 5 August  
2pm until 3pm

Together we will explore items from Heritage Doncaster's collection and read a book that brings that history to life. A chance to meet new people online, share your thoughts and learn something new.



### WONDER CLUB

Every other Thursday from 20 August  
11am until 12pm

A digital social club for adults who may be experiencing mental health issues or who are feeling lonely. Together we will explore the wonders of Heritage Doncaster's collections through conversation, creative activities and games. A chance to meet new people online and try something new. No experience required!



### MUSEUM MAKE-A-LONG

Every third Tuesday from 18 August  
11am until 12pm

Have a conversation and meet new people online whilst getting crafty. Together we'll make something connected to Heritage Doncaster's collections. Textiles, cookery, crafts and more! Making supplies can be provided. Suitable for adults who may be experiencing loneliness. No previous making experience required.



Don't worry about getting online- we can help!  
To sign up contact [YourMemories@doncaster.gov.uk](mailto:YourMemories@doncaster.gov.uk) or  
call 01302 737339.