We want you to feel prepared to have your procedure or surgery during this time. There are certain safety measures you should take to keep you and your healthcare team safe.

**Stay at home as much as possible for one week before your COVID-19 test.**

Continue to isolate (stay away from others) until the day of your surgery or procedure. You will be at lower risk of being exposed to COVID-19. Your surgery or procedure may be delayed if you test positive for COVID-19.

If you must leave your home, do the following to stay safe:

- Always wear a mask when indoors in public settings, and when social distancing outdoors cannot occur.
- Stay at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not ride in a car with others except for those who live in your home.
- Avoid any gatherings (church, restaurants, breakrooms, closed office spaces).
- Stay in well-ventilated areas.

We also strongly recommend you get a flu shot. You may be able to get your flu shot at a Spectrum Health lab or a pharmacy near your COVID-19 testing location. We are grateful for your help in keeping yourself and our community safe.

Thank you from your Spectrum Health Team

For more information: Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)