IMPORTANT INFORMATION FOR PATIENTS DURING COVID-19

Thank you for choosing Gosford Private Hospital for your admission.

The Government's advice to reduce the spread of COVID-19 through the population and to "flatten the curve" includes;

- Limiting movement outside the house to essential activities and exercise only
- Maintaining physical distancing (>1.5m) from other people
- Keeping gatherings to a maximum of 2 people, unless family members from the same house
- Cough etiquette (cough into your elbow, wash hands afterward)
- Frequent hand hygiene (using soap and water for 20 seconds) and avoid touching your face

All of these measures are applicable to you as a patient in the 14 days leading up to your surgery or if less than 14 days, from the moment you are aware of your hospital admission date.

CLOSE INTERACTIONS WITH OUR STAFF

During and after your admission, the nurses, doctors and ward staff involved in your care will have to come into close contact with you; and perform procedures and interventions which will place them at increased risk of contracting COVID-19 from any patient who has the disease.

In order to protect them during this COVID-19 pandemic we ask that you undertake the following precautionary measures from 14 days prior to surgery/ the date your surgery is confirmed (whichever occurs sooner):

- Avoid attendance of shopping centres, and arrange for delivery of groceries by family or friends if possible. If this is not possible then limit the time spent at the shops, keep a safe distance from other shoppers, and ensure hand hygiene after arriving home.
- Avoid non-essential direct conversations and contact with others. Use the phone instead. If these happen as part of your exercise routine or essential movement, then be mindful of staying physically distanced and limiting the duration to < 15 minutes.
- Notify the hospital if you, or any member of your household becomes sick with a respiratory illness in the 14 days leading up to your surgery. This will enable us to consider the need to organise testing by us or through your GP or Respiratory Clinic.

We appreciate your support in helping to maintain the health and safety of our patients, staff and visitors.

Gosford Private Hospital COVID Coordination Committee