

## Self-Isolation Instructions

- After your test, it is important that you self-isolate, which means that you strictly avoid contact with anyone who is not a member of your immediate household between the completion of your test and arrival at our facility for your procedure
- The CDC recommends self-isolation whenever an individual is waiting for test results
- Before your test, obtain food and supplies needed between the date of your test and the date of your procedure in order to avoid going shopping, dining in a restaurant, or completing other errands during this time, including personal hygiene services, such as hair, nail, or massage appointments
- If you have other medical appointments, schedule them for before your test or for after your procedure
  
- Try to stay in a specific area of your home and away from other people or animals who are not part of your immediate household
- If members of your immediate household work outside the home or have contact with others outside your immediate household, avoid contact with them to the extent possible, avoid using the same bathroom, and do not share eating utensils and drinking glasses
- Practice good hand hygiene, washing your hands often with soap and water for at least 20 seconds or cleaning your hands with an alcohol-based sanitizer that contains at least 60% alcohol. At a minimum, perform hand hygiene before and after eating, after using the bathroom, after contact with another individual, and after contact with high-touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, and tablets
- Wear a facemask when interacting with other individuals inside or outside your home, unless you have been advised otherwise by your physician
- If at any time during the self-isolation period you feel ill, notify your physician
  - Specific symptoms to monitor for are cough, shortness of breath or difficulty breathing, fever, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea.

**If you have any other questions or concerns, please  
Massachusetts Avenue Surgery Center at (301 263 0800)**