

PRE-SURGERY/PRE-PROCEDURE COVID-19 SCREENING

We are striving to provide the safest experience for our patients who need surgeries and procedures during the COVID-19 pandemic. We have enhanced our cleaning, we are requiring masks in all of our facilities and we are enforcing social distancing.

We need your help to be sure we can provide you with the best care experience and a smooth recovery. All patients undergoing a surgery or procedure need to have a COVID-19 test. Your doctor will write an order for this. We ask that you complete the test 2-3 days before your surgery or procedure so your results are back in time. If not, your surgery or procedure could be cancelled or rescheduled. Please call one of the locations below to schedule your test.

WHERE CAN I GET MY TEST?

Exam/Test will be performed at:	
Pre-Procedural Exams and COVID Testing Appointments Required	COVID Testing ONLY Appointments Required
<p>To schedule, please call one of the locations below:</p> <p><input type="checkbox"/> <u>Inova Urgent Care – West Springfield</u> 6230 Rolling Rd., #J Springfield, VA 22152 571-665-6460 Open Daily – 8am – 8pm <i>*COVID testing at West Springfield can only be completed as part of a Pre-Procedural Exam. If only a COVID test is required, please select a different location.</i> <i>*Outpatient lab work only should go to an outpatient lab facility</i></p> <p><input type="checkbox"/> <u>Inova Urgent Care – Centreville</u> 6201 Centreville Rd., Suite 200 Centreville, VA 20121 703-449-5380 Open Daily – 8am – 8pm <i>*COVID testing at Centreville can only be completed as part of a Pre-Procedural Exam. If only a COVID test is required, please select a different location.</i> <i>*Outpatient lab work only should go to an outpatient lab facility</i></p> <p style="text-align: center;">**For IFMC Patients ONLY**</p> <p><input type="checkbox"/> <u>Pre-Procedural Evaluation Clinic (PEC)</u> Inova Fairfax Medical Campus Professional Services Building Ground Floor 3300 Gallows Rd. Falls Church, VA 22042 Mon–Fri – 7am – 7:30pm Please use the below contact information for PEC only T 571-472-3344 / F 571-472-6508</p> <p>Effective 10/1/2020</p>	<p>To schedule please visit our schedule website www.inova.org/covidtest, if you are unable to book online please call our call center, 5714720164</p> <p><input type="checkbox"/> <u>Inova COVID Testing Site – Alexandria</u> 5001 Eisenhower Avenue Alexandria, VA 22314 Open Daily – 8am – 8pm</p> <p><input type="checkbox"/> <u>Inova COVID Testing Site – Ashburn</u> 25505 Landmark Court Ashburn, VA 20148 Open Daily – 8am – 8pm</p> <p><input type="checkbox"/> <u>Inova COVID Testing Site – Falls Church</u> 2990 Telestar Court Falls Church, VA 22142 Open Daily – 8am – 8pm</p> <p><input type="checkbox"/> <u>Inova Urgent Care - Centreville</u> *Open Until 10/12/2020* 6201 Centreville Road Centreville, VA 20121 Open Daily – 8am – 8pm</p>

WHAT SHOULD I DO AFTER MY TEST?

Self-isolate after having your COVID-19 screening test until your scheduled surgery or procedure.

- Self-isolation will reduce the likelihood of being exposed to someone who may be COVID-19 positive prior to your surgery or procedure.
- Self-isolation means staying home and not participating in activities outside your home, except for getting medical care.
- Do not allow visitors to come into your home during your self-isolation period.
- **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Do not go to work, school or public areas.
- Avoid using public transportation, ride-sharing or taxis.

Avoid leaving your home unnecessarily

- If you have to leave your home, follow this guidance:
 - o Stay at least 6 feet away from others while shopping and in lines.
 - o **Do not touch your eyes, nose or mouth.**
 - o Cover your mouth and nose with a cloth face covering when you have to go out in public.
 - o Disposable gloves are not necessary or recommended when in public; there is a high risk of cross-contamination if they are not changed between touching clean and dirty things.
 - o When you do have to visit a public place in person, go during hours when fewer people will be there (for example, early morning or late night).
 - o If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
 - o Disinfect the shopping cart; use disinfecting wipes if available.
 - o If possible, use touchless payment (pay without touching money, a card or a keypad). If you must handle money, a card or use a keypad, use hand sanitizer right after paying.

Continue to practice good hygiene

- **Wash your hands often** with soap and water for 20 seconds. Always wash immediately after removing gloves and after contact with a person who is sick.

- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one’s nose, coughing or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g., a child)
- **Avoid touching** your eyes, nose and mouth with unwashed hands.
- **Clean all “high-touch” surfaces daily**
 - High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
 - Also, clean any surfaces that may have blood, stool or body fluids on them.
 - Use a household cleaning spray or wipe according to the label instructions.
- **When doing laundry**
 - Launder items according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.
 - **Do not shake** dirty laundry.
 - Wash your clothes, bedding and towels separately from other members of your home.
 - Clean and **disinfect clothes hampers** according to guidance above for surfaces.

Self-monitor for COVID-19 symptoms.

- Contact your doctor who will be doing your surgery or procedure if you are experiencing COVID-19 symptoms: shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell.

The guidance above was taken from the Centers for Disease Control (CDC) websites listed below:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html> - English

<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html> - Spanish

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> - English

<https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> - Spanish