

14 day self-isolation before an operation:

Help your local NHS by following this advice

The NHS in Leeds and Leeds City Council are working together to get services returning to normal and get the city moving again. This includes slowly re-opening the NHS so that we can provide high-quality care in a safe, low risk environment. To help us in our efforts please do read through this information sheet and share the message through your networks.

We understand that keeping pace with the changes being announced by the Government in response to COVID-19 can be difficult.

One of the key changes that you may not be aware of is that **anyone booked in for an operation must self-isolate for 14 days prior to their procedure**. This also applies to anyone living in the same household. People booked in for an operation may also get tested for COVID-19 a few days before they're due to attend. Please follow any advice provided by the NHS, this could also include a period of self-isolation after an operation.

To help keep yourself and our staff safe we would like you to follow this advice closely.

- You must self-isolate for 14 days before your operation.
- Anyone living in the same household is also expected to self-isolate for 14 days, you will be advised of this in your letter or telephone call confirming your appointment/
- If you need any help during this period you can call the NHS Volunteer Responders. You can call the NHS Volunteer Responders helpline on 0808 196 3646 between 8am and 8pm.
- We know that this can be difficult if you're working. **We would welcome the support of employers who should consider the best options for employees (such as working from home) so that people can self-isolate for 14 days.**
- **Employers and employees should work together to reduce the financial burden on both parties. While we understand that there are economic pressures facing many businesses and individuals, failing to self-isolate for 14 days puts you, other patients and our staff at risk.**
- **Where possible, we're asking employers to show flexibility including any support with sickness pay and leave.**
- **For people who are self-employed we know that self-isolating for 14 days will impact on your income and customers. Please do factor this in should you be on a waiting list for an operation. We will make every effort to give you as much notice as possible.**

- All NHS services in Leeds are asking people to wear a face covering when attending face-to-face appointments except for under 3 year olds or those with a medical condition that makes wearing a face covering difficult. We are maintaining 2 metre social distancing in healthcare settings in Leeds, please follow signage and instructions.

Due to current demand your NHS may have to change the date of your appointment at short notice, we'll try to avoid this as much as possible

Your NHS is still here for you

People are encouraged to seek medical help should they fall ill or get injured. For conditions that need to be seen quickly but don't need emergency care people should call NHS 111 or go online www.111.nhs.uk. Anyone concerned about cancer symptoms or an ongoing health condition should ring their GP practice. 999 and A&E should only be used for serious life or limb-threatening emergencies.

To find out how to access the right healthcare please visit www.leedsccg.nhs.uk/HereForYou

Please note this guidance for employers, employees and anyone who is self-employed is not a legal document and should not be treated as such