

术前新型冠状病毒肺炎 (COVID-19) 检测后的说明

Instructions After COVID-19 Test Before Your Procedure

Isolate yourself from others

You were tested for COVID-19 today to protect you, our staff and other patients before your procedure or surgery. It may take up to 72 hours to get your results.

Until you have your procedure, **limit your contact with other people** to prevent possible exposure to the virus. Follow these instructions to protect yourself until you have your procedure.

Go straight home

Stay home until you need to go to your procedure or surgery:

- Do not leave your home **unless you need urgent medical care** and be sure to wear a face mask and wash your hands. You can go into your yard, but you should not have any visitors.



Household members should also stay away from others until after the procedure. If others in your home need to go to work, or run essential errands:

- They need to use caution to keep at least 6 to 10 feet away from others, wear a face mask and practice good hand washing any time they leave the home.
- They should avoid traveling, larger groups of people, restaurants and bars.

自我隔离

今天，我们为您进行了术前COVID-19检测，以保护您、我们的员工和其他患者。可能最多需要72小时才能获得结果。

在进行手术前，请**避免接触他人**，以预防可能的病毒暴露。请遵循以下说明，在术前保护好自己。

径直回家

手术前，请一直待在家中：

- **除非您需要紧急医疗护理**，否则请待在家中。请务必佩戴口罩并勤洗手。您可在院中休息，但不应接待任何访客。

在您手术结束之前，您的家人也应与他人保持距离。如果您家中的其他人需要上班或必需外出办事：

- 他们需要谨慎地与他人保持至少6到10英尺的距离，戴上口罩，并在每次离开家时都要好好洗手。
- 他们应避免旅行，并避开人群、餐馆和酒吧。

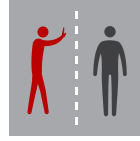


THE OHIO STATE UNIVERSITY

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Precautions you need to take until your procedure is done if any household member is going out:

- **Keep at least 6 to 10 feet away from others in your home.** Don't sleep or spend time in the same room with others. Use a different bathroom, if possible.
- **Wear a face mask when others are around, and have them wear face masks also.** If you require close contact for help, your caregiver should wear a face mask and gloves whenever handling any bodily fluids.
- **Do not share bedding, towels, dishes, utensils or drinking containers.** Wash dishes in hot water or use a dishwasher.



如果有家庭成员在您完成手术之前外出，您需要采取以下预防措施：

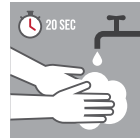
- 与家中其他人保持至少6到10英尺的距离。请勿和他人同一房间睡觉或共处。如果可能，请不要与他人共用浴室。
- 身边有其他人时，请佩戴口罩，并要求他们也佩戴口罩。如果需要近距离接触以获得帮助时，您的护理人员在处理任何体液时都应佩戴口罩和手套。
- 请勿共用床上用品、毛巾、餐具、器皿或饮用容器。用热水或洗碗机清洗餐具。



Protect yourself and others

Wash your hands well and often with soap and water:

- Wet your hands with clean water and apply soap.
- Rub the soap on your hands to get a bubbly lather.
- Scrub the lather over the backs and fronts of your hands and fingers, between your fingers, and under your nails for at least 20 seconds.
- Rinse your hands with water and dry them with a clean towel.



保护自己和他人

常用肥皂和清水洗手：

- 用清水洗手并涂上肥皂。
- 用双手搓出肥皂泡。
- 用肥皂泡搓洗双手的手背、手心、指间和指甲缝至少20秒。
- 用水冲洗双手，然后用干净的毛巾擦干。

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Be sure to wash your hands:

- After blowing your nose, sneezing or coughing
- After using the bathroom
- Before eating or preparing food
- Before touching anyone else in the house

如果没有肥皂和水，请使用至少含60%酒精的洗手液。

以下情况请务必洗手：

- 擤鼻涕、打喷嚏或咳嗽后
- 上洗手间后
- 吃东西或准备食物前
- 接触房间中的其他人之前

Anyone helping with your care should also be washing their hands well. Be sure to wash before and after providing any care or having any contact with trash, laundry or utensils.



任何护理您的人员也应好好洗手。在提供任何护理或与垃圾、衣物或器皿有任何接触之前和之后，请务必洗手。

Clean and disinfect high-touch surfaces in your household at least every day. This includes door knobs, tables, countertops, light switches, handles, keyboards, phones, remotes, touch screens, toilets, faucets and sinks.



至少每天清洁和消毒家中的高频接触表面。包括门把手、桌子、台面、电灯开关、把手、键盘、电话、遥控器、触摸屏、马桶、水龙头和水槽。

- Most household disinfectants should be effective, such as Lysol, Clorox or similar store-brand products. Follow the instructions on the container.
- You can also use a diluted bleach solution to disinfect surfaces. Be sure to leave it on for at least one minute and allow for good ventilation in the area during and after use. Check that the bleach is not expired. Mix 5 tablespoons or 1/3 cup of bleach in a gallon of water, or 4 teaspoons of bleach in 1 quart of water.

- 大多数家用消毒剂都应该是有效的，如来苏尔 (Lysol)、高乐氏 (Clorox) 或类似的商店品牌产品。请遵循容器上的操作说明。
- 也可以使用稀释的漂白剂溶液对表面进行消毒。确保漂白剂在表面至少停留一分钟，在使用过程中和使用后保持良好通风。检查漂白剂是否过期。在一加仑水中混合5汤匙或1/3杯漂白剂，或在1夸脱水中混合4茶匙漂白剂。

Watch for signs

Contact your doctor or the procedure site right away if you have any signs of illness such as:

- Cough
- Fever
- Chills
- Headache
- Sore throat
- Muscle or body aches
- Loss of smell or taste
- Nausea
- Diarrhea
- Vomiting
- Pain
- Shortness of breath or trouble breathing

留意症状

如果您出现以下任何疾病症状，请立即联系您的医生或医院：

- 咳嗽
- 发热
- 寒战
- 头痛
- 咽痛
- 肌肉或身体酸痛
- 丧失嗅觉或味觉
- 恶心
- 腹泻
- 呕吐
- 疼痛
- 呼吸急促或呼吸困难

Traveling to procedure

Have a responsible adult drive you to your procedure and back home after.

- Both you and the driver should wear face masks.
- Sit in the back seat on the passenger side, so there as much distance between you as possible.

Please avoid the use of public transportation, including the bus, taxi or Uber for example.

If you test positive

If your test shows you have COVID-19, your procedure may be postponed. You will be referred for care based on your symptoms. You should remain at home and isolate yourself for 10 days. You will not need to be tested again before your procedure is rescheduled.

If it is not possible to delay your procedure, precautions will be taken to protect you and our staff.

前往医院进行手术

让有责任心的成年人开车载您去医院进行手术，并在术后载您回家。

- 您和驾驶员均应佩戴口罩。
- 坐在副驾驶一侧的后座上，以尽量拉开彼此间的距离。

请避免使用公共交通工具，包括公共汽车、出租车或Uber等。

如果您检测呈阳性

如果您的检测结果表明您患有COVID-19，您的手术可能会被延期。根据您的症状您将被转诊治疗。您应居家隔离10天。重新安排手术之前，您不需要复检。

如果无法推迟您的手术，我们将采取预防措施来保护您和我们的员工。