

# Preparing for Your Hospital Procedure

Health First is here to help you plan for your upcoming procedure. With your health and safety always our priority, we have implemented even more safeguards in advance of your procedure, and we need your cooperation to keep you, our associates and physicians safe.

We know that COVID-19 spreads by extended close contact with someone already infected with the virus who coughs or sneezes within 6 feet of you – and by touching objects and surfaces where the virus may live and then touching your face.

With your safety in mind, the Health First care team has developed the following pre-procedural COVID-19 safeguards to maintain your wellness as you prepare for your procedure with us.

## 10 Days Before Your Procedure:

It is important to follow these safety recommendations every day, starting at least 10 days prior to your procedure.



### Social Distance

- Stay at home.
- Maintain social distance and limit contact with others.
- Stay away from anyone who is sick.



### Be Healthy

- Wear a mask when away from home.
- Wash your hands often with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands.
- Frequently clean and disinfect objects and surfaces.



### Check Temperature Daily

- Monitor for symptoms of cough or shortness of breath each day.
- Take your temperature daily and keep track of it in a notebook.
- If you develop a fever, contact your healthcare provider.

## 7 Days Before Your Procedure:

You will need to be tested for COVID-19 no more than 7 days and no less than 4 days prior to your scheduled procedure. Please call **321.434.6100** with any questions regarding your testing appointment or to reschedule.



### COVID-19 Testing:

- Your provider or a member of our scheduling department will assist with scheduling your COVID-19 testing appointment.
- Tests must be scheduled within 7 days of your procedure and will take place at one of the following designated sites:

#### Health First Diagnostic Center

1051 S. Hickory Street  
Suite F  
Melbourne, FL 32901

*Please check in at Diagnostic registration located toward the back of the courtyard.*

321.434.7100

#### Health First Viera Medical Plaza

8725 N. Wickham Road  
Suite 101  
Viera, FL 32940

*Enter through the center building adjacent to Viera Hospital. Please check in at Diagnostic registration located on 1st floor.*

321.434.9260

#### Health First Merritt Island HealthPlex

255 Borman Drive  
Merritt Island, FL 32953

*Enter through Diagnostics, please check in at registration located on 2nd floor.*

321.434.5886

- A mask is required to be worn at all Health First facilities.
- Testing results may take up to 72 hours; please contact your provider's office for additional details.

## Day of Procedure:



### On the day of your procedure, please:

- Follow all pre-procedural instructions.
- Arrive on time at the scheduled location.
- Wear a mask. If you do not have a mask, one will be provided to you.
- For the safety of our patients and staff, visitors will not be allowed to accompany you into the facility unless you are scheduled for surgery.
- Visit [HF.org/staywell](https://www.healthfirst.org/staywell) for more information and visitor policy updates.