

**Our team is committed to providing the safest and most effective care.
We are taking every precaution to ensure both our staff and patients are protected.**

Safety Measures

- You need to call **907.264.1952** to complete the pre-registration process.
- It is highly recommended to self-isolate for 2 weeks prior to any procedure/surgical intervention.
- You will be required to be screened for COVID-19 within 48 hours of your procedure.
 - You will need to contact the hospital at **907.264.2055** to schedule an appointment.
 - See back for COVID-19 testing information.
- Patients who have flu-like symptoms or recent contact with a COVID-19 positive patient will be rescheduled.
- Everyone is temperature screened prior to entering the facility.
- Anyone with a temperature over 100.4 will not be allowed into the facility.
- You and your companion should come with a mask to wear at all times while you are in the hospital. Cloth face coverings are okay. All staff caregivers will be wearing masks.
- Please **do NOT** wear gloves. You will be asked to sanitize your hands when you enter.

Visitor Policy

- One person will be allowed with the patient during pre-op but asked to leave when the patient is taken to the Operating Room.
- Your companion will be provided information about the length of the procedure and can call **907.264.1236** if needed.
- We ask that your companion remain in the area. Many have chosen to wait in their cars during this period. The surgeon will provide updates to a specified family member via text or phone rather than in person.
- For outpatient procedures - one person will be allowed back during the final phase of recovery to assist with discharge.
 - If you will be admitted – please note there is a no visitor policy in place. When you are in your hospital room, your nurse can assist you in contacting your loved ones.

What We Know About the Spread of COVID-19

- Current data suggests person-to-person transmission most commonly happens during close exposure to a person infected with the virus, primarily via droplets produced when the infected person speaks, coughs, or sneezes. This is why masking is effective in reducing the spread of the virus.
- Transmission also might occur through contact with contaminated surfaces followed by self-delivery to the eyes, nose, or mouth. This is why hand-hygiene is critical.

Day of Surgery Drop-Off Instructions

- Location: Alaska Regional Hospital, 2801 DeBarr Road, Anchorage, Alaska, 99508
- Enter at Emergency Room entrance. Expect to be asked screening questions and have your temperature taken.
- If your visitor needs to get in touch with the Surgical staff during the procedure, call **907.264.1236**.
- Your visitor will receive a call or text when it is time to return to the facility, at which time they would enter through the Emergency Room entrance.



COVID-19 Pre-Procedural Testing Station Information

The COVID-19 test is a requirement for all surgical patients at Alaska Regional Hospital.
This test is by appointment only.

On the day of your appointment all patients must go to testing station (# 1):

- Follow the arrow signs to the Pre-Procedural Testing Station located in the circle drive (# 1)
 - Please be sure to remain in your car and get in line
- All staff you see will be wearing masks and some will be wearing additional protective gear
- After you get in line be prepared to show your identification, answer health screening questions and have your temperature taken.
- When it is your turn, a nurse will come to your car and collect a swab for the COVID-19 test.
 - The COVID-19 test involves swabbing the inside of your nose
- Please note: You will only be contacted if your test is positive
- If you are not contacted - please arrive at your scheduled time on the day of your surgery or procedure

After your COVID-19 test is collected:

- If you require any other pre-procedural testing - please proceed to testing station (# 2) located to the left of the Emergency Department entrance.
- If you **do NOT** need additional testing, you can exit and go home - Have a GREAT DAY!

