Wellness Matters

Paying Tribute to Our Heroes

Our Community Support

Serious Symptoms that Can’t Wait

How to Safely Access Care
Dear Friends,

We have been faced with an overwhelming crisis that is like nothing we have ever experienced. We have had to change the way we work, implementing new protocols, policies and procedures at lightning speed. We have practically rebuilt the hospital’s rooms and moved units entirely.

To the hardworking members of our staff, who during this daunting time ensured our patients received the best care possible and who worked tirelessly as we reinvented the hospital to care for COVID-19 patients…thank you. So many staff stepped into new and unfamiliar roles with grace and determination. Thank you to the hospital leaders by my side who staffed our Incident Command Center at all hours of the day and night. All of you are truly health care heroes. This issue of Wellness Matters is a tribute of gratitude to all who helped us. Read their extraordinary stories beginning on page 3.

Our relationships with our county, first responders and health department have also been instrumental in helping us navigate this pandemic together. As a member of Johns Hopkins Medicine, we were fortunate to be able to enlist the resources of our entire health system to provide the planning and services that Howard County needed.

My sincere gratitude to our caring community, who stood by our side to support our staff with meals and donations. Read more about our donors on pages 12-13.

Now, our community, that includes segments of our population who are being affected by the virus more so than others, is experiencing anew the crushing pain caused by racism and inequality. At HCGH, we value the diversity of our staff, and we always work toward improving inclusion and equality for all. Those are the principles upon which Columbia was established, and we continue to strive to live up to those ideals.

A final note to our community: you were there for us, and we are always here for you. I encourage you to take care of your health and ensure you engage with your physician should you have medical needs. Telemedicine has allowed us to virtually connect you with providers, and we provide safe care to those experiencing emergency symptoms as well those managing chronic illnesses. Please call 9-1-1 for emergency care.

Wishing you continued good health.

Steve Snelgrove, President

Please direct comments regarding Wellness Matters to 410-740-7810.
Hospital Information: 410-740-7890
A Behind-the-Scenes Look at Our Heroes

Pivoting Roles

One of the hospital’s signature programs is cardiac and pulmonary rehabilitation. Unfortunately, because these patients are at a higher risk for COVID-19, the program’s operations were suspended, leaving department staff with no patients to treat. When a new need arose for trained nurses to staff the Johns Hopkins Medicine drive-in tent testing site at HCGH, the nurses and exercise physiologists from cardiac rehabilitation rose to the occasion. Nearly 170 HCGH employees were shifted into new roles throughout the hospital.

Prashoba George, R.N., pivots from the Cardiac Rehabilitation Department to a new role conducting COVID-19 testing at the HCGH drive-through site.

Shahriar Amin, M.D., has his protective equipment cleaned after leaving a patient’s room by outpatient surgical tech Jenny Karlson, who changed departments to work in the ICU when outpatient surgeries were suspended.

Robert Grader, physical therapy assistant, was redeployed to the dietary department to work in the kitchen and deliver breakfast and lunch.

Clinical Educator Catherine Miller, R.N., trains hospital staff to assume new roles in different departments.
ON THE FRONT LINE:

Faces of Care

When the COVID-19 pandemic began, new cleaning protocols were put in place, and the overall cleaning needs at the hospital have been even more important and time sensitive than ever. Members of our Environmental Services team, like Rickey Jenkins, work tirelessly to safely disinfect and discard items used in patient care. They are truly unsung heroes.

Jennie Robinson, R.N., recently assumed the role of nurse manager in our ICU, where we care for the sickest COVID-19 patients. She has been instrumental in training new staff and creating new processes for caring for patients who are critically ill. During this pandemic, we also opened a new non-COVID ICU.

Reinventing Spaces

With the pandemic bearing down on HCGH, the hospital’s facilities staff quickly worked to reconfigure much of the hospital’s space to conform to CDC guidelines for treating patients with COVID-19 and patients who were potentially sick with the virus. Engineers, carpenters, painters and other facilities workers throughout the hospital worked tirelessly to:

- add ductwork and HEPA (high efficiency particulate air) filters to convert 157 patient rooms on three units to negative air pressure rooms suitable for patients with COVID-19;
- erect tents in front of the hospital fully equipped with power, heating and air conditioning to bolster HCGH’s capacity should a surge of patients with COVID-19 occur.

Painter Francisco Ruiz Vivas, Engineering Mechanic Todd Heron and Chief Engineer Babu Varghese add ductwork and filters to create biocontainment spaces for COVID-19 patients at HCGH.

Joshua McBain is a new member of the hospital’s security team that focuses on keeping patients and staff safe in our hospital. During the pandemic, the team ensures restricted access to our hospital buildings is maintained to minimize exposure, manages new visitor policies, escorts patients within the hospital and distributes masks to individuals entering the hospital. In addition, the team manages systems for the new COVID-19 positive inpatient psychiatry unit.
LEADers in a Crisis

Our Chief of Infectious Disease, Mark Landrum, M.D., has been the source for guidance on how to keep patients and staff safe. His calm demeanor keeps staff confidently forging ahead. As a member of our incident command team, he helps translate changing guidelines and treatment information.

Jeanette Nazarian, M.D., serves as chief of our ICU and president of our Professional Staff. She has faced the pandemic that has challenged the ICU as never before and leads the staff who manage our most critically ill patients.

Shafeeq Ahmed, M.D., our vice president of Medical Affairs, has led our incident command team for nearly three months straight. His team of safety experts have fit-tested thousands of staff for masks and are constantly addressing the ever-changing safety guidelines and equipment needs.

The Emergency Department (ED) has been the front door and front line of the pandemic. Bob Linton, M.D., physician leader of our ED, has worked tirelessly to lead staff. Dr. Linton synthesizes new data, makes quick decisions and offers encouragement to his colleagues.

Our Chief Nursing Officer, Jennifer Baldwin, R.N., is new in her role at HCGH, and we have benefitted from her years of experience, her tenacity and energy. With nurses being so vital to the treatment of COVID-19 patients as well as other patients, her leadership has been critical to our work.
We support our health heroes

Although the 5th Annual HCGH Heroes in Health Care event that was scheduled on June 13 could not be held, sponsors of this signature event continued to support us and our heroic staff. Event sponsors contributed more than $230,000—a record amount—to support Howard County General Hospital’s COVID-19 Response. View our sponsors’ messages below and online at bit.ly/HCGH_Gratefuldonors.

Sandy Spring Bank Foundation

“On behalf of our more than 1,200 employees who live and work here in the Greater Washington region, we are so grateful for the health care professionals and every person who works or volunteers at our hospitals. We can’t thank Howard County General Hospital enough for all that you’re doing and the sacrifices we know you have made—and continue to make—on our behalf.”
—Daniel J. Schrider, President
Sandy Spring Bank Foundation
President and CEO, Sandy Spring Bank

Our deepest thanks to the staff at HCGH for your tireless commitment to the health and well-being of our community. Each of you is a true Hero in Health Care. Cheers!
—Holly and Rand Griffin

“Harkins is thankful for the front-line health care workers at HCGH. These health care heroes have been our community’s boots on the ground, working tirelessly to keep our people safe. Thank you for all that you do!”
—Gary and Kelly Garofalo
Harkins Builders

Our grandchildren were born at HCGH, and it will always hold a special place in our hearts. We are proud to support the many heroes at our community hospital.
—Doug and Ginger Beigel

“During these extraordinary times, the courageous Heroes in Health Care deserve all the support a community can deliver. We at The Howard Hughes Corporation are honored to be able to provide thanks and encouragement for all the important work that is done at HCGH.”
—Greg Fitchitt, President
Columbia Maryland Region of The Howard Hughes Corporation
The Professional Staff is proud of the lifesaving work the staff at HCGH has done and will continue to do in these trying times. We are pleased we can sponsor our local heroes.

— Jeanette Nazarian, M.D.
President, HCGH Professional Staff

W. R. Grace & Co. is proud to support Howard County General Hospital and their front-line health care heroes. During these trying times, your dedication and commitment to serving our community is greatly appreciated. Thank you.

— Hadley Wesson, M.D.
Vice President/Treasurer
HCGH Professional Staff

Thank you for your compassion and dedication. You are an inspiration and are our heroes!

— The Wagoner Family and Your Neighbors on Onward Trail

To the team at HCGH who have worked tirelessly to save lives, we simply say ‘thank you.’

— Harold and Gregory Lowe
Lowe Wealth Advisors

On behalf of the entire team at Davis, Agnor, Rapaport & Skalny, LLC, we express our gratitude and thanks for the dedication and hard work of the HCGH medical providers. We salute you today and every day!

The partners and staff of Bormel Grice & Huyett, P.A. are proud to support our ‘Heroes in Health Care’ at Howard County General Hospital. Thanks for all you do for our community!

M&T Bank is proud of the doctors, nurses and other health care professionals at Howard County General Hospital who care for our neighbors, friends and loved ones — especially during these difficult times.

We want you to know we appreciate your compassionate, kind and careful attention to keeping your patients healthy and well. Thank you for all you do.

— Brian S. Walter, Market President
Chesapeake Region M&T Bank
THE FEAR OF COVID-19 IS CAUSING SOME PEOPLE TO AVOID VISITING THE HOSPITAL, DOCTORS’ OFFICES AND URGENT CARE CENTERS, EVEN IN EMERGENCY SITUATIONS. HCGH IS TAKING STEPS TO ENSURE YOUR SAFETY WHILE MANAGING YOUR HEALTH CARE DURING THE PANDEMIC.

Is it safe to go to the hospital?
It is important to understand that when you need medical care, even during the COVID-19 pandemic, you should seek treatment. Early data showed a significant decrease in heart attack and stroke visits to emergency rooms across the country — presumably due to fear of contracting COVID-19 while in the hospital, not due to people having fewer heart attacks or strokes. There is only a short window of time to act. Quick action in the ER helps to preserve heart and brain function.

“We follow the Centers for Disease Control and Prevention (CDC) guidelines for disinfecting all surfaces, to ensure your health and safety. Our staff also follow CDC guidelines regarding hand washing, respiratory hygiene, laundry handling and use of PPE.”
All patients being admitted as an inpatient to HCGH and surgical patients are screened and tested for COVID-19, whether they have symptoms or not.

“I feel the precautions we take before, during and after a visit protect me from getting any infection from a patient, and just as important, prevent me or other staff members from putting patients at risk of COVID-19 or other infections.”
— Mark Landrum, M.D.
Chief of Infectious Disease at HCGH

“Clinical staff wear personal protective equipment (PPE), and all patients wear masks,” says Dr. Landrum.
“Patients with COVID-19 symptoms are provided care in areas separate from other patients in the emergency department, and anyone we suspect to be infected is immediately isolated from other patients. We maintain rigorous cleaning and disinfecting procedures throughout the hospital, using government-regulated cleaning materials in all public and private spaces.

When can I return to the doctor?
Many physician practices and specialty outpatient services have begun to reopen for in-person care, and elective surgeries have been permitted to resume. Contact your provider to determine their status and to see if you can reschedule a delayed treatment or if you should begin to schedule regular screenings and tests. Be sure to continue to monitor and care for preexisting conditions, such as high blood pressure, diabetes and chronic obstructive pulmonary disease, and refill your prescriptions.
Managing Your Health During a Pandemic

To help reduce the spread of COVID-19, many HCGH physicians have expanded their telemedicine capabilities. Patients now have the option to participate in a live-video appointment, called a video visit, with their primary or specialty care provider. Video visits occur in real time and use a computer, tablet or smartphone to enable patients to see and speak with their physician from home. This technology is serving an especially important role in addressing the medical needs of those patients who are continuing to stay safer at home. Contact your doctor’s office to see if they offer telemedicine or phone visits.

Seeing Your Doctor with Telemedicine

Severe abdominal pain may be a symptom of appendicitis or a gallbladder problem. Ignoring symptoms could lead to a more serious surgical emergency.

Heart attack symptoms can include chest pain, difficulty breathing and discomfort in the chest, arms, back, neck, shoulder or jaw; while stroke symptoms can include numbness, weakness or loss of movement in the face, leg or arm — especially on one side — as well as confusion, trouble speaking or understanding and loss of balance, according to the American College of Cardiology.

DON’T IGNORE AN EMERGENCY!

If you experience emergency symptoms, do not wait. Act quickly and CALL 9-1-1.

Heart attack and stroke symptoms are serious and require immediate attention, and we’re prepared at Howard County General Hospital to treat heart attacks and strokes safely while addressing the coronavirus pandemic."

— Eric Aldrich, M.D., Medical Director, HCGH Stroke Center
New Normal, New Sleep Problems

Everyone struggles to doze off at times, but COVID-19 related stress has made it harder for many to fall asleep and stay asleep. If you have been tossing and turning at night, you are not alone. “In times of crisis, worrying can worsen, often to the detriment of your sleep,” says Rachel Salas, M.D., a sleep specialist at the Johns Hopkins Center for Sleep at HCGH.

Shining a Light on Sleep
According to Dr. Salas, light plays an extremely important role in regulating our sleep schedules, and our new stay-at-home routines are confusing our internal systems. “If you are not getting exposure to sunlight at a consistent time, that can have a negative effect on your circadian rhythm and cause misalignment of your sleep-wake schedule,” says Dr. Salas. In addition, our increased exposure to the blue light emitted from laptops, cellphones and televisions is also harmful to our sleep schedules.

Getting Back on Track
“One of the best things you can do for your sleep is to stick to a routine,” says Dr. Salas. “This means not only maintaining a regular sleep and wake time, but also keeping regular routines surrounding morning light exposure, exercise, meals and bedtime. The more consistent these cues are, the easier it will be for your body to keep time and wind down at night.”

An hour or two before you want to fall asleep, focus on relaxing and restricting your exposure to melatonin-blocking blue light. Darken your bedroom and power-off or remove tempting electronics, especially if you have a habit of scrolling through social media in bed. Instead, try preparing the mind for sleep by taking a warm shower, meditating or reading.

Winding Down Without Wine
“Research shows that healthy people who drink alcohol do fall asleep more quickly and sleep more deeply ... at first,” notes Dr. Salas. “However, when alcohol wears off, it can wake you during very important and restorative stages of sleep. Alcohol can also worsen sleep apnea symptoms and, if used regularly, increase your likelihood of sleepwalking, sleep talking and memory problems.”

If You Are Still Struggling
Sleep symptoms should be taken seriously, as they can coexist with chronic medical conditions and cause serious health problems.
If you have made these adjustments and are still having trouble falling asleep or staying asleep, schedule a televisit with the Johns Hopkins sleep specialists at HCGH who are taking appointments for both new and existing patients.

Rachel Salas, M.D.,
is a board-certified neurologist specializing in sleep medicine at the Johns Hopkins Center for Sleep at HCGH.

Televisit appointments:
1-800-WESLEEP (1-800-937-5337)

To learn more, visit bit.ly/HCGH_SleepCenter.
Managing Stress & Anxiety During the Pandemic

For many, COVID-19 has led to an increase in stress and anxiety. Whether someone you love has become sick or your job has been impacted, it is normal to feel off-center and uncertain about the future. Here are some tips you can use to navigate COVID-19-related stress and anxiety.

Stay Grounded
The news can be overwhelming. Try to limit your exposure to media and only tune in when you need to. Avoid the news before going to sleep and allow your mind the opportunity to disconnect. Setting a time each day to check the news for 15 minutes or tuning into a daily podcast can help you stay up to date without fraying your nerves. It is best to rely on reputable sources like the Centers for Disease Control and Prevention and Johns Hopkins Medicine COVID resources page at hopkinsmedicine.org/coronavirus to get trustworthy information about the virus.

Control What You Can
Create a daily routine that includes a start and end time for your day along with breaks. Do not work from your bed. Get up in the morning, take a shower, change into regular clothes and maintain a healthy sleep schedule.

Focus on Preparing and Preventing
If you are worried about yourself or a loved one contracting COVID-19, you can protect yourself by focusing on good hand hygiene, not touching your face and social distancing — keeping a 6-foot distance from others.

Practice Mindfulness
Breathing exercises and mindfulness practices can help you reduce stress and find space in times of anxiety. You can practice mindfulness by taking a few moments to sit quietly and focus on your breath. When you feel anxiety rise during the day, closing your eyes and taking a deep breath can help you return to a centered place of calm.

Self-Care
Maintain healthy habits. Exercising every day is a great way to relieve stress and boost your immune system. A sedentary lifestyle poses a variety of health risks for chronic conditions, and physical activity is a great way to reduce those risks while elevating your mood. Taking walks outside and stretching are simple ways to introduce movement into your day. Limit the amount of alcohol you are drinking, as it has negative effects on mood and anxiety. Also be aware of your eating habits. Some people cope with stress by drinking too much and overeating. Others ignore their hunger and skip meals. Eating well can help keep your body and mind healthy during times of stress.

Ask if You Need Help
Use your support networks if needed. Family and friends can help provide comfort in uncertain times. If your anxiety is severe or lasts for multiple weeks, seek professional help by contacting your physician.
The outpouring of generosity from our community with in-kind gifts from groups, individuals, faith-based organizations, students, teachers and so many more has been incredible,” notes Jennifer Smith, vice president of Development at Howard Hospital Foundation. “These donations have allowed us to continually support our caregivers and patients, and truly demonstrate the compassion and strength of our community.”

Faith-based communities have a unique relationship with HCGH through the hospital’s Journey to Better Health (J2BH) program. When the call went out from Howard Hospital Foundation seeking support for HCGH’s dedicated caregivers, it was natural to look to Howard County’s faith leaders to provide critical assistance. Nearly 5,000 meals and in-kind donations were provided by local faith groups, giving staff not only nourishment but a morale boost and allowing them to focus on their life-saving work.

“We are humbled by the support from our community’s faith-based organizations,” says HCGH Director of Spiritual Care and Chaplaincy Csaba Szilagyi. “By collaborating through programs such as J2BH and maintaining communications during the pandemic, we can better serve our employees, patients and families as well as the entire community. We recognize the vital role that faith-based organizations play in supporting our employees, patients and their families outside of hospital walls, and we are grateful for and inspired by their desire to help.”

The Journey to Better Health (J2BH) program at HCGH works with Howard County faith-based organizations of all denominations to advance the health of Howard County residents. J2BH offers tailored chronic-disease prevention and management tools to empower individuals in need to proactively monitor their health and encourage their journey with a network of people who support them in managing their health issues.
The first initiative of Howard Hospital Foundation’s COVID-19 Response was the Caring for Our Caregivers program that was developed to address the needs of our front-line staff. This program has been embraced by community members and organizations as a way to say “thank you” to front-line workers.

The main priority of the program has been distributing food to the more than 1,000 people working at HCGH on a typical day. Since its inception, the program has funded more than 25,000 meals. The foundation has been fortunate to work with local restaurants who have also been grateful to our donors for creating this new business stream. In addition, local restaurants and small businesses have been fundraising within their own networks to support and sustain this program. Donations from our community have also allowed the foundation to distribute care packages and provide snacks and beverages for staff in designated respite areas within the hospital.

“In every way this is a community-led effort to care for our caregivers,” says Jennifer Smith, vice president of Development at Howard Hospital Foundation. “In addition to the Caring for Our Caregivers Fund, community members have recognized the extraordinary demands being placed on the hospital and are providing gifts to offset the hospital’s added expenses. We are immensely grateful for these donations as they enable us to funnel resources where they are needed most.”

New Initiative: POP-UP FOOD PANTRY

Howard County General Hospital is currently developing the infrastructure to open a pop-up food pantry in the hospital stocked with grab-and-go essential food items, paper products and prepared meals. Pantry items will be provided free of charge to staff and discharged patients, especially those with limited resources and a minimal support network. Funding for this initiative was provided by a grant from the HoCoRespond initiative in addition to gifts from Howard County residents.

Emergency Department staff thank the community.
New Elective Heart Procedure

NOW AVAILABLE AT HCGH

We are pleased to announce that HCGH is now offering elective percutaneous coronary intervention (PCI) services. Formerly known as angioplasty and stenting, PCI is a nonsurgical procedure that uses a thin flexible tube to place a stent to open blood vessels in the heart that have been narrowed by plaque buildup or hardening of the arteries.

“While our emergency angioplasty and stenting program has provided urgent care since 2003, we have not performed routine interventional procedures,” says cardiologist Michael E. Silverman, M.D., HCGH chair of Medicine. “The ability to provide this service at HCGH will be a tremendous benefit to our patients who may need stenting and meet the criteria for elective PCI. The program will allow our patients the ability to now receive outpatient interventional catheterization procedures in their community.”

WHITE COATS FOR BLACK LIVES

AS PART OF A NATIONAL EFFORT TO DEMONSTRATE SUPPORT FOR EQUALITY AND RACIAL JUSTICE,
HCGH physicians and staff gathered June 5 to kneel in solidarity for the White Coats for Black Lives observance as a memorial to George Floyd and others who have died due to police brutality.

Hospital Receives $500,000 Gift for COVID-19 Response

Thank you to the Horizon Foundation for their generous gift of $500,000 to support our health care workers and hospital during the COVID-19 pandemic. This donation allowed us to better support our staff on the front lines and keep our workers safe, housed and fed. The gift also made a difference in the lives of our patients by funding technology to safely connect them with loved ones who could not visit during the state of emergency. We deeply appreciate their generous investment in our work.
Howard County Government Allocates Funding for Hospital

We are happy to share that the approved Howard County FY21 budget introduced by Howard County Executive Calvin Ball includes $1.5 million in funding for Howard County General Hospital. This represents an important contribution toward the hospital’s recent addition, which created the space needed to allow the hospital to reconfigure other space to treat patients stricken with COVID-19. We are grateful to the Howard County government for ensuring we keep our promise of health care in Howard County throughout the pandemic and beyond.

Online Wellness Classes:

**ONLINE CLASSES FOR NEW PARENTS:**
Learn about childbirth, breastfeeding and infant care in your home and at your own pace. Each course includes videos, interactive materials, parent resources and more and is available to you for nine months from the time you register.

- **Understanding Childbirth:**
  Includes comprehensive information about pregnancy, labor, childbirth, comfort techniques, C-section, medical procedures, newborns and postpartum care. $35.

- **Understanding Breastfeeding:**
  Topics include how and when to breastfeed, getting enough milk, breast care and the breastfeeding lifestyle. $35.

- **Understanding Your Newborn:**
  Learn about your newborn’s appearance, traits and behaviors; crying and comforting; bathing, nail care and dressing; feeding; sleeping; signs of illness; and newborn health and safety. $35.

**NEW MOMS’ ONLINE SUPPORT GROUP:**
Using Zoom, share experiences with other new moms in this 8-week online support group. For first-time moms and their babies up to 5 months old, this group provides support, referrals and discussion on parenting topics. Free.

**LIVING WELL WITH DIABETES:**
In a supportive environment, learn more about diabetes, how to reduce its effects and steps you can take to manage the condition. Caregivers are also welcome. This 6-week online workshop meets via Zoom. Book included. Free.

**LIVING WELL WITH CHRONIC DISEASE:**
This virtual 6-week workshop is for those living with or at risk for a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and other health concerns. Caregivers are also welcome to register. Book included. Free.

During COVID-19, we are offering classes and support groups virtually where possible. For information and to register, visit hcgh.org/events.

These HCGH physicians have recently relocated or established new offices in Howard County.

**RHEUMATOLOGY**
Shabnam Ali, MBBS
Arthritis Care Specialists
6350 Stevens Forest Rd., #101
Columbia, MD 21046
410-992-7440

**HEMATOLOGY/MEDICAL ONCOLOGY**
Yousuf Gaffar, M.D.
Maryland Oncology Hematology
10710 Charter Dr., #G020
Columbia, MD 21044
410-644-1880

**INFERTILITY**
Melissa Ann Esposito, M.D.
Shady Grove Fertility
10630 Little Patuxent Pkwy., #305
Columbia, MD 21044
410-997-6999

**ORTHOPAEDIC SURGERY**
Savya C. Thakkar, M.D.
Johns Hopkins Musculoskeletal Center—Columbia
10700 Charter Drive, #205
Columbia, MD 21044
443-997-6754

To find a specialist, visit hcgh.org/findadoctor
Safely Returning to the Hospital for Surgery
Here’s what you can expect if you need outpatient surgery at Howard County General Hospital.

1. **WHAT WE’LL DO**
Screen and may test you for COVID-19 symptoms and exposure prior to your surgery. If you test positive for COVID-19, please call your surgeon who will advise you on next steps.

2. **WHAT WE’LL DO**
Screen our physicians, nurses and other staff for symptoms daily. Our staff wear personal protective equipment and practice proper hand hygiene.

3. **WHAT WE’LL DO**
Clean and disinfect waiting areas, operating rooms and equipment between each patient.

4. **WHAT WE’LL DO**
Contact your surgeon to verify your medical/surgical clearance is complete and current. You may be tested for COVID-19 within 72 hours of your procedure. There are many options for testing in Howard County, and your surgeon can guide you on the best process and timing.

5. **WHAT WE’LL DO**
If you develop symptoms of COVID-19 (fever, cough, shortness of breath, muscle aches, sore throat, loss of taste or smell, diarrhea, headache, runny nose) or other illness, or were exposed to someone who has COVID-19, call your surgeon for guidance.

6. **WHAT WE’LL DO**
Call your visitor/support person when your procedure ends and you are ready to go home. We will give you both an overview of all discharge and care plans when we take you outside to be transported home.

To receive updates from the hospital on COVID-19 or other health topics, text keyword HCGHNEWS to 22828 or visit hcgh.org/news.