

## NOVEL CORONAVIRUS (COVID-19) INPATIENT - DISCHARGE INSTRUCTIONS

You have been hospitalized for COVID-19. As of today, your healthcare team has determined you are well enough to be discharged home. Resting, staying hydrated, and sleeping are typically helpful. You will also be asked to finish medical treatments as prescribed and a list of medications will be provided to you at the time of discharge.

**In order to decrease the spread of illness, you will need to practice the following precautions in your home and community until:**

**You are having symptoms of the illness that caused COVID-19.**

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications **AND**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- At least **10 days** have passed since symptoms first appeared

**You are not having any symptoms.**

You may discontinue home isolation when at least 10 days have passed since the date of your first positive COVID-19 diagnostic test and have had no other illness following.

In all cases, **follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and local health department.

### HOME ISOLATION

**It is important you home isolate and follow the below guidelines if you are still having symptoms:**

- Stay home, except to get medical care.
- Restrict activities outside your home.
- If condition worsens seek medical care **and**
  - Call ahead to your healthcare provider or Emergency Room to notify them you have COVID-19
  - If possible, put on a facemask before emergency medical services arrive or before arrival at the Emergency Room
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- **Separate yourself from other people and animals in your home.**
- Do not go to work, school, or public areas.
- Avoid using public transportation, ride-shares, or taxis.

- As much as possible, stay in a specific room and away from other people in your home.
- Use a separate bathroom if available.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask, and wash your hands before and after you interact with your pet.
- It is best for people sick with COVID-19 to limit contact with animals until we know more about the virus.
- If possible, wear a face mask when you are around other people or pets, and before you enter a healthcare provider's office.
- If you are not able to wear a face mask, then people who live with you should not be in the same room with you, or they should wear a face mask if they enter your room.

**Please see the resources below for more information**

**GENERAL INFORMATION:**

<https://coronavirus.ohio.gov/>

<https://www.michigan.gov/coronavirus>

**CDC COVID-19 WEBSITE: GENERAL INFORMATION:**

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>



**COVID-19 Hotlines operating 24/7:**

**Toledo-Lucas County Health Department:** (419) 291-5355 or (419) 251-4000

**Ohio Department of Health:** 1-833-4-ASK-00DH (1-833-427-5634)