

SARS-CoV-2 (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 sent home. Resting, staying hydrated, and sleeping are helpful for feeling better. 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.

You are being asked to care for yourself at home. To stop the spread of COVID-19 in the community, you will need to stay in **HOME ISOLATION** (see below) until:

- Your fever (temp of greater than 100°F) is gone for at least 24 hours without the use of fever-reducing medications (e.g., Tylenol)
AND
- If you had cough or shortness of breath, it is getting better.
AND
- At least 10 days have passed since symptoms first appeared or from the date of your first positive test.
 - People who are severely ill with COVID-19 might need to stay home longer than 10 days and maybe up to 20 days after symptoms first appeared. Talk to your healthcare provider for more information.

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:

- Stay home, except to get medical care. Do not go to work, school, or public areas.
- *In case of emergency or if your condition gets worse:*
 - If calling 9-1-1, notify them you have COVID-19.
 - If you are going by personal vehicle to the hospital or medical facility, call ahead to your healthcare provider or Emergency Room to notify them you have COVID-19.
 - If possible, put on a facemask before Emergency Services arrive or before you get to the Emergency Room.
- Avoid using public transportation, ride-shares, or taxis.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with hand sanitizer and rub them together until they feel dry.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues away; immediately wash your hands or use hand sanitizer.
- **Separate yourself from other people and animals in your home, try to stay in a room by yourself**
 - If not possible, wear a face mask when you are around other people or pets
 - Do not share personal items with other people, use a separate bathroom if available
 - Clean surfaces that you touch often
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

COVID-19 Hotlines:

Ohio Department of Health: 1-833-4-ASK-00DH (1-833-427-5634)
Michigan Department of Health & Human Services: 1-888-535-6136