

VIRAL SYNDROME AND NOVEL CORONAVIRUS (COVID-19) DISCHARGE INSTRUCTIONS COVID-19 TESTING NOT PERFORMED

YOU ARE SUSPECTED TO HAVE COVID-19

One of the potential viruses you may have is SARS-CoV-2, the virus that causes COVID-19, also known as the Novel Coronavirus. You may be just as likely to have a different viral infection such as the common cold or flu. Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are typically helpful. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fevers, cough, pain, etc. Follow these steps to help prevent the disease from spreading to people in your home and community. You will also be asked to finish medical treatments as prescribed and a list of medications will be provided to you.

SYMPTOMS AND POSSIBLE EXPOSURE

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 or live in an area with ongoing, widespread community transmission and are experiencing fever, cough or shortness of breath, there is a possibility you might have it as well. There are currently no medications to treat COVID-19.

If you have a condition that may increase your risk for a serious viral infection, monitor your health closely. This is especially important if you are at high risk for getting very sick for COVID-19.

Higher risk groups include:

- Older people (over age 65), especially those over 80 years.
- People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
- Older people with chronic medical conditions are at greatest risk

PRACTICE BASIC PRECAUTIONS

- 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.

TESTING HAS NOT BEEN PERFORMED

COVID-19 testing is not performed on most people with mild symptoms who are being discharged from the Emergency Department or Clinic.

Follow these steps to help others from getting exposed:

- **CDC update as of May 29, 2020: Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following:**
 - At least 3 days (72 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 **14 days** have passed *since symptoms first appeared*.

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

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 are suspected to have COVID-19.
 - If possible, put on a facemask before emergency medical services arrive or before arrival Emergency Room
- **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

Ohio Department of Health websites:

General Information

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

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

CDC 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-ODH (1-833-427-5634)