

DISCHARGE INSTRUCTIONS FOR PATIENTS WITH CONFIRMED OR SUSPECTED COVID-19

Your health care provider has determined that you can be isolated and monitored at home. Please **follow the steps below** until a doctor, health care provider, or health department says you can return to your normal activities.

LEAVING THE HOSPITAL

- Wear a mask until you get home.
- Do not use public transportation.
- Walk home if you live within walking distance and feel well enough to walk.
- If you must take a car, wear a mask and leave the window open.

ISOLATE

- Above all else: **stay home** except to get medical care.
- If possible, stay in a separate bedroom and/or use a separate bathroom and wear a facemask around others.
- Ask others to care for your pets.
- Use a tissue or your upper sleeve when you cough or sneeze.

CLEAN

- **Wash your hands** often with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Do not share eating utensils, towels, bedding, or clothes.
- Place your laundry in a washable bag; do not use a communal laundry area.
- Clean “often touched surfaces” each day to kill germs.
- Throw tissues away in trashcan and empty your trash daily.
- Always wash your hands after you throw away the tissue or garbage.

SELF-CARE

- Rest as much as possible.
- Take the medicines recommended by your doctor.
- Drink liquids, like water, fruit juice, and broth.
- Soothe a sore throat by gargling with warm salt water.
- DO NOT smoke or vape.

MONITOR

- Seek medical attention right away if your symptoms get worse, such as if you are having difficulty breathing, shortness of breath, new confusion, or bluish lips or face.
- If you have a medical emergency, call 911 and notify them that you have or are being evaluated for COVID-19.
- Call ahead before visiting your doctor.
- Put on a facemask before you enter a health care facility.

END HOME ISOLATION WHEN ALL THREE APPLY:

1. You have no fever for at least 72 hours (3 full days), without medicines like Tylenol or aspirin.
2. Your other symptoms, such as cough, have improved.
3. At least 7 days have passed since your symptoms started.

FOR MORE INFORMATION

NewYork-Presbyterian hotline: (646) 697-4000

For more detailed instructions for patients and caregivers visit
www.cuimc.columbia.edu/information-patients

DISCHARGE INSTRUCTIONS FOR CARETAKERS OF PATIENTS WITH CONFIRMED OR SUSPECTED COVID-19

Medical professionals have determined that the patient can be discharged from the hospital and monitored at home. It is important for you, the caregiver, to understand the following information to help the patient follow the doctor's instructions for care.

LEAVING THE HOSPITAL

- Put a mask on the patient until you get home.
- Do not use public transportation.
- Walk home if you live within walking distance and if patient feels well enough to walk.
- If you must take a car, put a mask on the patient and leave the window open.

ISOLATE

- Above all else: have the patient **stay home** and wear a mask around others.
- The only time the patient should leave home is to receive urgent medical care.
- As much as possible, separate the patient from others and pets.
- Help with the patient's basic needs such as getting groceries and prescriptions.
- Avoid having visitors until the patient is well.

CLEAN

- **Wash your hands** often with soap and water for 20 seconds, and have the patient wash his/her hands frequently as well.
- Avoid touching your eyes, nose, and mouth.
- Do not share eating utensils, towels, bedding, or clothes.
- Place the patient's laundry in a washable bag; do not use a communal laundry area.
- Clean "often touched surfaces" each day to kill germs.
- Always have a tissue available for the patient to cover his/her mouth and nose when he/she coughs or sneezes.
- Throw tissues away in trashcan and empty trash daily; wash your hands after touching trash and/or tissues.

MONITOR

- Seek medical attention right away if symptoms get worse, such as difficulty breathing, shortness of breath, new confusion or inability to arouse, or bluish lips or face.
- If you have a medical emergency, call 911 and notify them that the patient has or is being evaluated for COVID-19.
- Call ahead before visiting the doctor.
- Put a facemask on the patient before you enter a health care facility.

END HOME ISOLATION WHEN ALL THREE APPLY:

1. The patient has no fever for at least 72 hours (3 full days), without medicines like Tylenol or aspirin.
2. Other symptoms, such as cough, have improved.
3. At least 7 days have passed since symptoms started.

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