

Covid 19

Home Discharge and Isolation Instructions

3/15/20

COVID-19 is a viral illness that affects the air passages of your lungs. It is different from the common cold. COVID-19 can easily be passed from one to person to another. It may be spread through the air by coughing and sneezing. Or it can be spread by touching the sick person and then touching your own eyes, nose, or mouth.

COVID-19 starts 4 to 14 days after you are exposed to the COVID-19 virus. It may last for 1 to 2 weeks. You usually don't need to take antibiotics unless you have a complication.

Symptoms of the COVID-19 may be mild or severe. They can include extreme tiredness (wanting to stay in bed all day), chills, fevers, muscle aches, headache, shortness of breath, and a hacking cough.

Home care

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

- Stay home except to get medical care You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis
- Place the patient in a well-ventilated single room with open windows and an open door.
- As much as possible, patients should stay in a specific room and away from other people in your home. Ensure that shared spaces such as kitchen, bathroom are well ventilated meaning keep windows open. Patients should use a separate bathroom, if available.
- Household members should stay in a different room or, if that is not possible, maintain a distance of at least 2 m (6 feet) from the ill person. Sleep in a separate bed.
- An exception to the above may be made for breastfeeding mothers. As breastfeeding is important and the virus has not been found in breastmilk, mothers can continue to breastfeed. The mother should wear a medical mask when she is near her baby and perform hand hygiene before and after having close contact with the baby.

- Limit the number of caregivers. Ideally, assign one person who is in a good health and has no underlying chronic conditions or a weak immune system. **Until initial test is found to be negative or cleared by public health, all family should stay in house. Visitors should not be allowed until the patient has completely recovered and has no signs and symptoms.**
- Perform hand washing after any type of contact with patients or their immediate environment. Hand washing should also be performed before and after preparing food, before eating, after using the toilet and whenever hands look dirty. If hands are not visibly dirty, an alcohol-based (60-95%) hand rub can be used. For visibly dirty hands, use soap and water.
- When washing hands with soap and water, use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them when they become wet.
- To contain the virus, a medical mask should be provided to the patient and worn as much as possible. People who cannot tolerate a mask should cover the mouth and nose with a disposable tissue paper when coughing or sneezing. If you run out of masks and tissue paper, and are forced to use a handkerchief, wash used handkerchiefs using regular soap or detergent and water.
- Caregivers should wear a tightly fitted medical mask that covers their mouth and nose when in the same room as the patient. Masks should not be touched or handled during use. If the mask gets wet or dirty from secretions, it must be replaced immediately with a new clean, dry mask. Remove the mask using the appropriate technique – that is, do not touch the front, but instead untie it. Discard the mask immediately after use and wash your hands.
- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care and when handling stool, urine and other waste. Perform hand hygiene with an alcohol-based (60-95%) hand rub before and after removing gloves and the mask.
- Do not reuse masks or gloves.
- Use dedicated linen and eating utensils for the patient; these items should be cleaned with soap and water (or even better 1 part bleach to 9 parts water) after use and may be re-used instead of being discarded.
- Clean and disinfect daily surfaces that are frequently touched in the room where the patient is being cared for, such as bedside tables, bed frames and other bedroom furniture. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, household disinfectant containing bleach (1 part bleach to 9 parts water otherwise known as 0.5% sodium hypochlorite) should be applied.
- Clean and disinfect bathroom and toilet surfaces at least once daily, ideally wait 3.5 hours after last use by patient to let viral particles settle. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant containing 0.5% sodium hypochlorite should be applied.

- Clean the patient's clothes, bed linen, bath and hand towels using regular laundry soap (preferably containing bleach and water), or machine wash on the hottest setting available with common household detergent (again preferably containing bleach), and dry thoroughly. Place contaminated linen into a laundry bag. Do not shake dirty laundry, and avoid dirty laundry coming into contact with skin and clean clothes.
- Gloves and protective clothing such as plastic aprons should be used when cleaning surfaces or handling dirty laundry. Use disposable gloves while handling dirty laundry. Wash hands after removing gloves.
- Dirty gloves, masks and other waste should be placed into a waste bin with a lid in the patient's room before being disposed of as infectious waste.
- Animals: Do not handle pets or other animals while sick

How to treat symptoms

- Acetaminophen or ibuprofen will help ease your fever, muscle aches, and headache.
- Nausea and loss of appetite are common with viral illness. Eat light meals. Drink 6 to 8 glasses of liquids every day. Good choices are water, sport drinks, soft drinks without caffeine, juices, tea, and soup. Extra fluids will also help loosen secretions in your nose and lungs.
- Over-the-counter cold medicines will not make the virus go away faster. But the medicines may help with coughing, sore throat, and congestion in your nose and sinuses. Don't use a decongestant if you have high blood pressure.

Follow-up care

- Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

When to seek medical advice

Call your health care provider right away if any of these occur:

- Cough with lots of colored sputum (mucus), or blood in your sputum
- Chest pain, shortness of breath, wheezing, or difficulty breathing
- Severe headache, or face, neck, or ear pain

- New rash with fever
 - Fever of 101°F (38°C) oral or higher that doesn't get better with fever medicine
 - Confusion, behavior change, or seizure
 - Severe weakness or dizziness
 - You get a fever or cough after getting better for a few days
- Seek prompt medical attention if your illness is worsening (as described above). **Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.** Put on a facemask before you enter the facility.
- If you have any medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed
 - These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department.
- Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.