After Your Hospital Stay for COVID-19
Discharge and self-care instructions

What do I need to do before discharge?

Before you leave the hospital, we will ask you to confirm:

You must wear a mask on your ride home from the hospital.

- That you will stay in a private home or recovery facility for the next 1 to 2 weeks

- Your phone number

- The name and number of your main support person

- That you have support and resources to meet your needs for the next 1 to 2 weeks

- That you will wear a mask on the ride home

- That you have someone to drive you home in a private car

If you do not have a driver, our social worker will arrange for you to ride in an ambulance. Check with your insurance to see if they will cover the ambulance fee, or if you will need to pay for it yourself.

What happens after discharge?

- You will need to be *in isolation* after discharge. This means you must "shelter in place" and not have contact with other people.

- We will give you these supplies at discharge:
  - Medicines for 14 days, unless you already have the right medicines at home
  - 2 masks with instructions on how to wear them
  - Isolation instructions for you and others in your household

How long will I need to be isolated?

You will need to be isolated for AT LEAST 10 days. If you still have symptoms after 10 days, you must stay in isolation until you have been free of symptoms for at least 72 hours (3 days).

Do I need follow-up care?

- Tell your primary care provider (PCP) that you were in the hospital with COVID-19 symptoms.

- If you are scheduled for any healthcare visits, call your clinic ahead of time. They may ask you to reschedule if you still have any symptoms.

What are COVID-19 symptoms?

COVID-19 symptoms include a fever, cough, shortness of breath, sore throat, and muscle aches.

What if someone I live with gets symptoms?

- If you live in King County, call the King County Novel Coronavirus Call Center: 206.477.3977

- If you live outside King County, call the Washington State Department of Health Call Center: 1.800.525.0127, press #

How can I help prevent the spread of COVID-19?

Here is advice from the World Health Organization:

- Clean your hands often. Use soap and water or an alcohol-based hand rub.

- Stay a safe distance from anyone who is coughing or sneezing.

- Do not touch your eyes, nose, or mouth.

- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

- Stay home if you feel unwell.

- If you have a fever, a cough, and problems breathing, call your healthcare provider.

- Follow the directions of your local health authority.

If you or someone you know does not read English, please visit *www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx*. The website has information on the COVID-19 virus in 16 languages.

When will I get my COVID-19 test results?

If you leave the hospital before your test results are back, our Infection Control staff will contact you with the results.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.