



Discharge Instructions for Patients with Symptoms Who Were NOT Tested For COVID-19

These instructions are for patients who have symptoms of COVID-19, but do not meet current testing criteria.

You were seen today for possible infection with COVID-19. Based on your symptoms, you do not need hospitalization. Although you were not tested, because of your symptoms it is possible that you have COVID-19 and should follow the same recommendations as patients who test positive. Because you are likely to be contagious (whether your illness is caused by COVID-19 or another common respiratory virus), follow these recommendations to limit spread of illness:

- **Stay home for at least 10 days. If you still have symptoms (fever, use of fever-reducing medication, cough or shortness of breath that's not improving) after 10 days, stay home until they have been gone for 72 hours.** Do not leave your home unless you need medical care. Do not go to work, school, or public areas (including the grocery store). Avoid gatherings, public transportation, ride-sharing, or taxis.
- **Wear a facemask** when you are around other people (e.g., sharing a room or in the car), pets, and before you enter a healthcare provider's office.
- **Separate yourself from other people and animals in your home.**
 - If possible, pick one room in your home and stay in that room and away from other people. Use a different bathroom than other people in your home, if you can.
 - You should limit contact with pets and other animals while you are sick, just like you would around other people. If you must care for your pet while you are sick, wash your hands before and after you interact with pets and wear a facemask.
- **Cover your coughs and sneezes with a tissue then throw the tissue in the trash.** Wash your hands afterwards.
- **Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If there is no soap and water, use hand sanitizer made with at least 60% alcohol. Always wash your hands with soap and water if you can see dirt on your hands.
- **Avoid sharing personal household items** with other people or pets. This includes things like dishes, drinking glasses, cups, forks, knives, spoons, towels, or bedding. After using, wash them thoroughly.
- **Clean and disinfect objects and surfaces that people touch often** using a regular household cleaning spray or wipe.



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Pay attention to your symptoms

If you start to have new symptoms or they are getting worse, call your healthcare provider for advice or go back to your nearest emergency room to be checked and treated. **Watch for symptoms like:**

- A high fever or a fever that stays high (more than 100.4 degrees F)
- Vomiting
- Confusion
- Trouble breathing
- Coughing up blood
- Very bad headaches
- Neck pain or stiffness
- Dizziness

If you have a medical emergency and need to call 911, tell the person on the phone that you have symptoms and were not tested for COVID-19. If possible, put on a facemask before emergency workers arrive.

If you need to return to the hospital or see your healthcare provider for an appointment, call first. Before going to see your healthcare provider or the Emergency Department, call them if you can, and tell them that you have symptoms and were not tested for COVID-19. This will help them take steps to keep other people from getting sick or exposed when you go to the office. When you do go, put on a facemask before you go inside.

The recommendations related to coronavirus may change over time. **Please check the MedStar Health Patient Information Website for updates www.medstarhealth.org/COVID19**

The CDC website also contains updated recommendations on home quarantine, preventing disease spread, and treatment: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>