



## Discharge Instructions for Patients Awaiting COVID-19 Test Results

These instructions are for patients tested for COVID-19 in the Emergency Department, Urgent Care, or Ambulatory Care office and discharged **before** results return

You were tested today for COVID-19 and are considered a person under investigation (PUI). Based on your symptoms and exam we do not think you need to be admitted to the hospital. To help prevent the spread of illness, make sure you follow the recommendations below until your results return.

If you have not received your results within 5 days, please call your healthcare provider or **1-877-704-9292 to check on your COVID-19 status and review self-isolation/quarantine instructions.**

- **After you have been discharged:**
  - Wear a mask when you leave the hospital, ER, Urgent Care, or doctor's office
  - Do not use public transportation.
  - If you take a car, keep your mask on and leave the window open
  - After you arrive home, stay there
- **Stay home (in-home isolation).** Do not leave your home unless you need medical care. Do not go to work, school, or public areas (even the grocery store). Stay away from gatherings (more than 10 people together) and using public transportation (like metro bus or trains), ride-sharing (like Uber or Lyft), or taxis.
- **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.
- **Wear a facemask** when you are around other people (e.g., sharing a room or in the car). Wear a facemask when you are around pets as well and before you enter a healthcare provider's office.
- **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.



# MedStar Health

## **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 were tested for COVID-19 and do not have results back. If possible, put on a facemask before emergency workers arrive.

**If you need to see your healthcare provider for an appointment, call first.** Before going to see your healthcare provider, call them if you can, and tell them that you were tested for COVID-19 and do not have results. 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.

**If you need to return to the hospital, put a facemask on before you go inside and tell them immediately that you were tested for COVID-19 and do not have results.** This will help them take steps to keep other people from getting sick or exposed.

## **When to stop in-home isolation**

Talk with your primary care provider about when you can stop home isolation. The number of days you must stay in isolation will depend on your test result, symptoms, how sick you were, and whether you had known contact with a person who had COVID-19. Generally:

- If your test results are negative, you can stop in-home isolation once you have been without symptoms for 24 hours (for MedStar Associates 72 hours).
- If your test results are positive, you should isolate at home for at least 10 days from the day your symptoms started and should not stop in-home isolation until you have been without symptoms for 72 hours.

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