



Discharge Instructions for Patients with POSITIVE COVID-19 Test

These instructions are for patients who tested POSITIVE for COVID-19 and are being discharged from the Emergency Room, Urgent Care, or Ambulatory Care Office

Your test for COVID-19 came back positive. Based on your symptoms now and your exam we do not think you need to be in the hospital. **Because you tested positive, you can pass the virus on to other people right now.**

To help prevent others from getting sick, follow the steps below for at least 10 days from the day your symptoms started and until you are improved and fever-free for 72 hours (without the use of fever-reducing medication).

- **When leaving**
 - Wear a mask when you leave the hospital.
 - 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) and using public transportation (like metro bus or trains), ride-sharing (like Uber or Lyft), 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 to 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 100.4F)
- 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 tested positive for COVID-19. 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 tested positive 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.

If you need to return to the hospital, put a facemask on before you go inside and tell them immediately that you tested positive for COVID-19. 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 in-home isolation. The number of days you have to stay in isolation will depend on when your symptoms started and whether you still have symptoms. Generally, 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

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>