

# COVID-19 Discharge Instructions

**You have recently been tested for COVID-19. Follow the POSITIVE guidance below until you have a known result which may change your recommended care. Once your results are known you are to follow the appropriate category below.**

## POSITIVE

Your results showed that you tested positive for the COVID-19 virus. As the virus is spreading from person-to-person, we recommend that you isolate or quarantine yourself until all the following criteria are met:

1. You have been fever-free for 24 hours without the use of a fever reducing medication **AND**
2. You have improved respiratory symptoms **AND**
3. It has been at least 10 days since your symptoms have first appeared.

**Please do not leave your home unless you need medical care.** If your symptoms worsen, such as increased shortness of breath, chest pain or signs of confusion, please contact your provider's office or dial 911 for a medical emergency. Please inform your provider's office or the emergency department before you enter their facilities that you have tested positive for COVID-19 or are awaiting the results of your COVID-19 test.

While on quarantine, the best protection for you and your family/friends is, as much as possible, to stay in a specific room in your home/apartment and stay away from other people in your home. Use a separate bathroom if available. Cover your cough and wear a mask when around other household contacts. Do not share dishes, drinking glasses or eating utensils, towels or bedding with other people within your home. Use a dishwasher or hot soapy water to clean dishes and utensils. Continue to wash your hands thoroughly with soap and water and clean and disinfect routinely high touch surfaces in your designated room and bathroom. You should also restrict contact with pets and other animals, just like you would around other people.

**POSITIVE:** Quarantine for 10 days of onset of symptoms or if asymptomatic 10 days from test date, 24 hours fever free

## NEGATIVE

While the COVID-19 test is often helpful, particularly when positive, it is not 100 percent sensitive for the virus. Therefore, even when the test is negative, the health department still recommends home isolation.

### Remain isolated in your home until:

1. You are 24 hours without a fever (without use of fever reducing medications).
2. If you are a contact to someone testing positive you will need to continue your 14 day self-quarantine.
3. Overall symptoms improving.

### We advise you to continue to self-monitor for symptoms and seek re-evaluation if respiratory symptoms recur or worsen.

Please continue to observe hand hygiene, respiratory hygiene and cough etiquette (e.g., cover nose and mouth when coughing or sneezing, dispose of tissues in waste receptacles).

You should continue acetaminophen if needed for fever and any other medications you were prescribed for your symptoms. Please call your primary physician if further concerns.

**For the health care worker:** Please contact your Employee Health department for specific instructions.

**Patients with a positive exposure with no symptoms or have a positive exposure negative test:** If you are a contact to someone testing positive, you will need to continue your 14-day, self-quarantine.

**NEGATIVE:** No exposure - even with symptoms: 24 hours fever free

**NEGATIVE:** Positive exposure - with or without symptoms: Quarantine (despite negative test) for 14 days post exposure

## Communication of Results

A member of our health care clinic team will only contact you if your test result is positive. We will reach out to you by phone if your result is positive.

MyChart is the timeliest way to receive all test results. Please monitor MyChart for your results. To activate a MyChart account, see below.

## MyChart Instant Activation

The most efficient and timely way to receive your test results is through MyChart.

Follow the link below to create a MyChart account:  
<https://mychart.ssmhc.com/MyChart/signup>



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