

Discharge Instructions

With Suspected COVID-19 Who Are Awaiting Swab Test Results

You are suspected to have a viral syndrome, which may include symptoms such as fevers, chills, muscle aches, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as the common cold. Resting, staying hydrated, and sleeping are typically helpful in your recovery. You are well enough to go home and treat your symptoms with fluids and medicines for fevers, cough, and other cold symptoms.

At this time, your COVID-19 test results are still pending, and you will be informed of your test results as soon as possible.

When returning home, please follow the precautions below:

WHO (people & pets to take into consideration)

- As per the Department of Health (DOH), you **MUST** self-isolate at this time.
- Be especially cautious if there are elderly people or anyone with significant medical issues in your home as these groups may have more severe symptoms from this infection.
- Do not handle pets or other animals while sick.

WHEN (to stop **self-isolation**)

- You can stop self-isolating after ALL 3 of these things have happened:
 1. You have not had a fever (temperature < 100.0° Fahrenheit or < 38.0° Celsius) consistently for at least 72 hours without taking fever reducing medications (e.g. aspirin, acetaminophen), AND
 2. Your respiratory symptoms are improving; AND
 3. At least 10 days have passed since your illness started
- If your test result is negative, meaning that you do not have COVID-19, we will let you know what to do next.
- If your test is **POSITIVE**, you will need to follow these instructions until your healthcare provider has told you to stop.

WHERE (guidelines for maintaining safe distances)

- You **MUST** stay home except to get medical care.
- You must restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- As much as possible, you should stay in a specific room and away from other people in your home. If available, you should use a separate bathroom.

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- As advised by the Centers for Disease Control and Prevention (CDC), we must you stay in your home and minimize contact with others to avoid spreading this infection.

WHAT (objects/surfaces to take into consideration)

- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water.
- Clean all “high-touch” surfaces every day. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool or bodily fluids on them.
- Use a household cleaning spray or wipe to clean high-touch surfaces; follow the label instructions.

HOW (guidelines for hand washing and germ management)

- Clean your hands often. Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Using soap and water is preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can. Immediately wash your hands with soap and water or hand sanitizer.

WHEN (guidelines for seeking medical care)

- Call your doctor if you start to feel worse (increased congestion, coughing, chest pain or fevers).
- Most follow-up visits with our doctors can be scheduled as a video or over the phone.
 - For a video visit, you **MUST** have a MyChart account; please go to <https://mychart.mountsinai.org/mychart/accesscheck.asp> to sign up for an account
- Seek emergency medical treatment if you have difficulty breathing.
- Call ahead if possible and advise health care workers of possible exposure to COVID-19.
- Ask for a facemask as you enter the facility.
- These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.
- If possible, put on a facemask before emergency medical services arrive.

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What should I tell my close contacts?

- Household members, intimate partners, caregivers, and any person who has had close contact with you should monitor their health for symptoms of respiratory illness. They should call their healthcare provider if they develop symptoms that may be caused by COVID-19 including fever, cough, or shortness of breath. If you test positive, your family members or close contacts will likely have to quarantine for a period of 10 days (from date of exposure). Please contact your local health department for more specific information about how to quarantine.

Repeat Covid-19 PCR Testing:

- If your Covid-19 nasal swab test comes back positive, there is no need to repeat the test if your symptoms are getting better. Individuals who are diagnosed with Covid-19 will continue to test positive by the PCR test for up to 90 days even though they are no longer contagious.

Testing your blood for Covid-19 antibodies and donating plasma to help others:

If your COVID-19 test comes back positive, you have the opportunity to test your blood for COVID-19 antibodies to see if you qualify for plasma donation, please visit www.mountsinai.org/SinaiPlasmaDonation to complete the prescreening questionnaire.

You must be between the ages of 18-65, and at least 21 days from your onset of symptoms and 14 days or more after you have fully recovered with no remaining symptoms.

For additional inquiries, please email us at SinaiPlasmaDonation@mountsinai.org or call us at 212-241-3424.

**If you have a medical emergency call 911, and tell them that you have COVID-19.
If available, put on a facemask before emergency medical services arrive.**

Please see the resources below for more information:

New York Department of Health (DOH)

<https://www.health.ny.gov/diseases/communicable/coronavirus/>

Local DOH Office Phone Numbers

- Nassau County: 516 227-9500
- New York City: 347 396-4131
- Rockland County: 845 364-2512
- Suffolk County: 631 854-0100



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- Westchester County: 914 864-7292

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>