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. If the results are positive, you will be contacted by your physician and/or the New York State Department of Health (DOH).

When returning home, please follow the precautions below:

WHO (people & pets to take into consideration)
- The DOH advised that you MUST self-isolate until your results are known to be negative.
- 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.

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. Also, you should use a separate bathroom, if available.
- 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, they should be washed 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.
- Use a household cleaning spray or wipe to clean high-touch surfaces; follow the label instructions.
Discharge Instructions for Patients Going Home With Suspected COVID-19 Who Are Awaiting Testing Results
(As of March 14, 2020, 7:00 PM)

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. Soap and water should be used preferentially 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 or fevers).
- 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.

Please see the resources below for more information:

New York Department of Health (DOH)

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
- Westchester County: 914 864-7292

Centers for Disease Control