Discharge Instructions
Evaluated for COVID-19 but Did Not Get Tested

You were evaluated for COVID-19 but were not tested. We want to answer some of your questions and address some of your concerns.

Although you were not tested, it is still possible that you have COVID-19 or another respiratory infection like the flu. Most people who are mildly ill with COVID-19 are able to recover at home. 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. **We recommend self-isolation until you are feeling better.**

When returning home, please follow the precautions below:

WHO (people & pets to take into consideration)

- Separate from other people in your home; stay in a specific room and away from other people as much as possible.
- Be especially cautious if there are elderly people or anyone with significant medical issues.
- Do not handle pets or other animals while sick.

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

- You can stop self-isolating after these 3 things have happened:
  1. You have not had a fever (temperature < 100.0° Fahrenheit or < 38.0° Celsius) consistently for <u>at least 72 hours</u> 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

WHERE (guidelines for maintaining safe distances)

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

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.

- 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 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.
- Before seeking care, call ahead and advise your healthcare provider that you have a respiratory illness.
- 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 being infected or exposed.
- If possible, put on a facemask before emergency medical services arrive.

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.

For additional questions or inquiries, please call our hotline 646-605-5959 or text 4-74624. Live staff are available 7 days a week between the hours of 9:00am and 5:00pm.

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.

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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
- Westchester County: 914 864-7292

Centers for Disease Control

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

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