

COVID-19 DISCHARGE INSTRUCTIONS

FOR PATIENTS WITH CONFIRMED OR SUSPECTED COVID-19

Thank you for your confidence in Beaumont Health for care that may be related to COVID-19. Please read this carefully to care for yourself.

FOR THE PATIENT AND HOUSEHOLD MEMBERS:

Self-quarantine for at least **7 days** from symptom onset **plus 3 days** after being symptom free.

When self-quarantined, **stay home and practice infection prevention practices including:**

- Stay home when you are sick (fever, cough, upper respiratory infection symptoms)
- Wash your hands often with soap and water for 20 seconds or use an alcohol-based hand sanitizer, especially before eating, after coughing or sneezing and after using the bathroom.
- Cover your cough or sneeze with a tissue and put the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your nose, eyes and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Stay informed about COVID-19 by visiting **Beaumont.org/coronavirus**.


**IF YOU HAVE BEEN TESTED AND YOUR RESULTS ARE PENDING,
PLEASE CHECK myBeaumontChart WITHIN 2-5 DAYS.**

Many with COVID-19 can self-treat at home.

According to the World Health Organization, 80% of people who contract COVID-19 recover without requiring hospitalization.

Many of those who develop COVID-19 can self-treat their symptoms at home with lots of fluids, rest and over-the-counter medications, like pain relievers.

Presently, there is no vaccine or prescription medications to prevent or cure the virus.

 If your symptoms worsen, contact your physician for further instruction.
If symptoms are life-threatening, go to the emergency center.