

Coronavirus Disease 2019 (COVID-19) Discharge Instructions for Self-Quarantine

Adapted from the CDC website

This interim guidance is based on what is currently known about the epidemiology of COVID-19 and the transmission of other viral respiratory diseases.

Your healthcare provider and public health staff will evaluate whether you can be cared for at home. If it is determined you do not need to be hospitalized and can be isolated at home, you will be monitored by staff from your local or state health department. You should follow the prevention steps

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when around other people.
- Cover your coughs and sneezes. Immediately wash your hands with soap and water for at least 20 seconds, or clean your hands with an alcohol-based sanitizer that contains at least 60% alcohol.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.
- Monitor your symptoms: seek prompt medical attention if your illness is worsening.

Discontinuing home isolation:

Patients with confirmed or suspected COVID-19 or under investigation for COVID-19, should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>