

Guidance for Patients Discharged with Respiratory Infection Symptoms

Your healthcare provider has evaluated you for your respiratory symptoms and has determined that you can be cared for at home. After discharge, please follow these recommendations until your symptoms resolve or you are instructed otherwise by your healthcare provider.

Stay home except to get medical care.

You should restrict activities outside your home except for getting medical care. Do not go to work, school, or public areas. Additionally, avoid using public transportation, ride-sharing, or taxis. You should continue these restrictions until your symptoms resolve or are otherwise directed by your healthcare provider.

Call ahead before visiting your doctor.

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This notification will help the office take necessary steps to ensure other individuals are not exposed.

Separate yourself from other people and animals in your home.

As much as possible, stay in a specific room and away from other people in your home. If available, you should use a separate bathroom. Do not share dishes, bedding or other household items with others unless they have been thoroughly washed.

Cover your coughs and sneezes and clean your hands often.

Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of tissues in a lined trash can. If you cough or sneeze, immediately wash your hands for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol, rubbing your hands together until they are dry. Soap and water are recommended for visibly soiled hands. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, thoroughly wash these items with soap and water.

Clean and disinfect all frequently touched surfaces every day.

Use disinfecting wipes to clean high touch surfaces including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them.

Monitor your symptoms.

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider. Put on a facemask before you enter the facility, if available. 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 you have a medical emergency and need to call 911, notify the dispatch personnel that you have respiratory symptoms. If possible, put on a facemask before emergency medical services arrive.

Call if you have questions or concerns.

Contact your primary care provider to evaluate your progress and recovery if instructed to do so. Yale New Haven Health's COVID-19 call center is available at 203-688-1700 for your questions each day between 7 am and 7 pm. If you do not have a primary care doctor, you can call 855-NEMG-MDS for a Northeast Medical Group physician, or call 1-888-461-0106 for more information or assistance in selecting a doctor. Yale Health members should call the Yale Health COVID-19 hotline at 203-432-6604. You may also consult the Center for Disease Control and Prevention's website (CDC.gov) for additional information.