

COVID-19 Discharge Instructions



If you are recovering from COVID-19, you should be careful so you do not pass the infection on to others. Please find helpful tips for keeping yourself, your loved ones and your neighbors healthy below.

Home instructions for COVID-19.

If you are being discharged from the hospital, this means your health-care provider believes that your condition is stable. You can continue your care at home. However, you may still be able to pass the infection on to others. You should take care to protect the health of your family and your neighbors.

For example, stay home and limit activities outside of your home except to get medical attention. Do not go to work, school or public areas. Avoid using public transportation, shared vehicles or taxis.

Stay away from other people and animals in your home.

People: Stay in a room away from other people in your home as much as you are able. Use a separate bathroom if possible.

Wear a mask when you are around other people. Some people may not be able to wear a mask because it makes it difficult to breathe. If you cannot wear a mask, people who live with you should not be in the same room with you. If other people have to be around you or enter your room, they should wear a mask.

Do not share plates, glasses, cups, cutlery, towels or bedding with other people or pets in your home. Wash these items thoroughly with soap and water after using them.

Animals: People with COVID-19 should limit their contact with animals until more information is known about the virus. This includes touching, kissing and sharing food. If you have to have contact with your pets, wear a mask and wash your hands before and after touching them. Ask someone else to take care of your animals while you are sick if possible.

Wash your hands often.

Wash your hands often with soap and water for at least 20 seconds. You should always wash your hands after blowing your nose or sneezing, going to the bathroom and before eating or preparing food. If soap and water are not available, you can use a hand sanitizer that contains at least 60% alcohol. To use hand sanitizer, cover all surfaces of your hands. Rub them until they feel dry. If your hands are visibly dirty, use soap and water. Avoid touching your eyes, nose and mouth with unwashed hands.

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Always cover your nose and mouth when coughing and sneezing.

Cover your nose and mouth with a disposable tissue when you cough or sneeze. Throw away the used tissue in a trash can with a plastic bag inside. Wash your hands with soap and water for at least 20 seconds afterward. If soap and water are not available, you can use a hand sanitizer containing at least 60% alcohol.

Clean all high-touch surfaces daily.

High-touch surfaces include counter tops, tables, door handles, doors, toilets, telephones, computer keyboards, tablets and night tables. In addition to high-touch surfaces, you should also clean any surfaces that may have blood, feces or body liquids on them. Use a household cleaner according to the instructions on the label. The label contains instructions for the safe and effective use of cleaning products. Some products require additional precautions when using the product, such as wearing gloves and making sure you are in an area with good ventilation.

Call before seeing your provider.

If you have a medical appointment while you are recovering, call your provider before your appointment. Tell them that you are recovering from COVID-19. Ask your provider to call local or state health departments. This will help the provider's office take steps to prevent other people from becoming infected or exposed. At your appointment, wear a mask or cover your mouth and nose with a scarf or towel. These measures will help you avoid exposing people in the provider's office to infection.

Seek prompt medical attention if your illness gets worse. For example, seek attention if you have difficulty breathing. If you have a medical emergency or need to call 9-1-1, let the call center staff know that you have or are recovering from COVID-19. If possible, get a mask before the emergency medical service arrives.

People with confirmed COVID-19 should remain at home until the risk of infecting other people is low. You should be feeling well, breathing well and should not be coughing or sneezing. Check with your provider before resuming your normal routine. Your provider may consult your local and state health departments.

If you have any questions, call your Care Manager/Service Coordinator or Member Services at **the number on the back of your Superior ID card**. You can call Monday through Friday from 8 a.m. to 5 p.m.