

Coronavirus (COVID19) Infection

Introduction

This leaflet is for patients who have been tested for COVID19 and are being discharged from the hospital back home, either with a known positive test result, or with a result still awaited.

What do I need to do when I get home?

If you have tested POSITIVE for COVID19 and are being discharged home:

1. You should self-isolate for 7 days from the onset of your symptoms – if you have already been in hospital for this length of time at the point you are discharged then no self-isolation will be needed. However, if you are discharged home shortly after your symptoms began, then you will need to complete the full 7 days of self-isolation.
2. If you were at living home with other family members whilst having symptoms, then your family members also need to self-isolate for 14 days from the start of your symptoms. This is because it is possible you may have passed the infection to family members, and even if they have no symptoms they could still pass this to others.
3. If a family member develops symptoms during the 14 day isolation period, they will need to isolate for 7 days from the start of their symptoms (even if they developed symptoms on day 13 for example, they will need to isolate for a further 7 days).
4. If your symptoms worsen or you become more unwell, you should go onto NHS 111 online for advice. If you do not have computer access, call NHS 111 for advice.

If you have been tested for COVID19 and are being discharged home BEFORE THE RESULTS HAVE RETURNED:

1. You need to self-isolate at home until you are informed about your result. If your result is negative, you no longer need to self-isolate. It is important to

note, however, that should you develop NEW symptoms in the future, you will need to self-isolate again, in keeping with Government guidance. If your result is positive, you must stay in self-isolation for 7 days from the start of your symptoms.

2. If you live with other family members, the family should self-isolate until your result is known. If your result is positive, your family members will need to continue isolation for 14 days. This is because it is possible you may have passed the infection to family members, and even if they have no symptoms they could still pass this on to others.
3. If a family member develops symptoms during the 14 day isolation period, they will need to isolate for 7 days from the start of their symptoms (even if they developed symptoms on day 13 for example, they will need to isolate for a further 7 days).

Tips for self-isolation

- On your day of discharge, contact a friend or family member to pick up any essentials you may need from the shops- you will not be able to do this yourself.
- If you have a regular prescription, ensure you have the number of your local pharmacy to help with arranging medications if required.
- Stay in regular contact with friends and family by phone to avoid loneliness.

Full guidance and tips for self -isolation can be found on the government website; go to www.gov.uk/government/publications/covid-19-stay-at-home-guidance.

This document can be made available in other languages and formats upon request.

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