

DISCHARGE INSTRUCTIONS

Caring For Your Loved One

For household members, intimate partners, and caregivers of people with **suspect** or **confirmed COVID-19** who are discharged home.

COVID-19 symptoms:

Household members must educate themselves about COVID-19 and how to prevent the spread in their homes.

1. Monitor your own health.
2. Wear a facemask if you and the person with suspect or confirmed COVID-19 are in the same room.
3. Make sure that shared spaces in the home have good airflow, such as by an air conditioner or opened window, weather permitting.
4. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with people with suspect or confirmed COVID-19.



Call your healthcare provider right away if you develop symptoms suggestive of COVID-19 such as fever, cough, and/or shortness of breath.



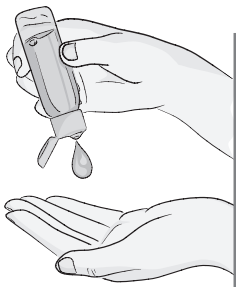
Cleaning/Disinfecting:

Wear disposable gloves to clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks): Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Follow the manufacturer's instructions for cleaning and disinfection products you use.

1. In the bedroom/bathroom dedicated for an ill person: Consider reducing cleaning frequency to as-needed (e.g., soiled items and surfaces) to avoid unnecessary contact with the ill person.
2. As much as possible, an ill person should stay in a specific room and away from other people in their home.
3. The caregiver can provide personal cleaning supplies for an ill person's room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants



If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as practical after use by an ill person to clean and disinfect the high-touch surfaces.



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Laundry and Linens:

Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.

1. If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
2. If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
3. Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
4. Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

Household members must clean hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for **20 seconds**.

If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

EVERYDAY PREVENTION MEASURES:

Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching their eyes, nose, or mouth with unwashed hands.



Additional key times to clean hands include:



- ✓ After blowing one's nose, coughing, or sneezing



- ✓ After using the restroom



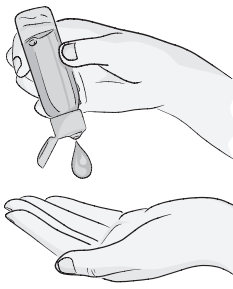
- ✓ Before eating or preparing food



- ✓ After contact with animals or pets



- ✓ Before and after providing routine care for another person who needs assistance (e.g. a child)



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Helping a person with suspect or confirmed COVID-19:



1. Make sure you understand and can help the person with suspect or confirmed COVID-19 follow their healthcare provider's instructions for medication(s) and care.
2. Help with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
3. Monitor the person's symptoms. If they are getting sicker, call their healthcare provider and tell them that the person has suspect or confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected or exposed.



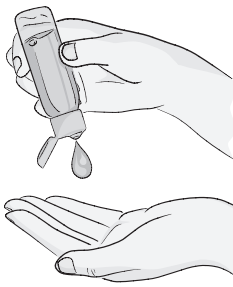
Call 911 if the person has a medical emergency.
Notify the dispatcher personnel that the patient has or is being evaluated for COVID-19.



Clean your hands often:

Clean your hands often with soap and water (for 20 seconds) or with hand sanitizer containing 60% to 95% alcohol.

1. If using hand sanitizer with alcohol, cover all surfaces of your hands and rub hands together until they feel dry.
2. Use soap and water if your hands are visibly dirty.
3. Avoid touching your eyes, nose, and mouth with unwashed hands.



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Other Cleaning Instructions:



1. Wear a facemask and gloves if you touch the person's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, or urine.
2. Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
3. Wear gloves while handling soiled items and keep soiled items away from your body.
4. When removing personal protective equipment, first remove and dispose of gloves.
5. Clean your hands after removing your gloves.
6. Next, remove and dispose of facemask. Clean your hands again.
7. Place all used gloves, facemasks, and other contaminated items in a container lined with a plastic bag before disposing of them with other household waste.
8. After the patient uses items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding wash them thoroughly with soap and water.
9. Read and follow directions on labels of laundry and detergent. Use normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.

Visitors



Do not allow visitors unless they have an essential need to be in the home.

Discuss any additional questions with your state or local health department or healthcare provider.

Other considerations

The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. Clean hands after handling used food service items.

If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, handling, and disposing of trash. Wash hands after handling or disposing of trash.

For more information: Visit the CDC website at www.cdc.gov or the New York-Presbyterian website at www.nyp.org