

Discharge to Home with Possible Coronavirus (COVID-19)

You **MAY** have a virus called COVID-19, also known as novel coronavirus. Symptoms may include:

- muscle aches
- sneezing
- fever
- sore throat
- chills
- vomiting
- runny nose
- diarrhea
- cough
- loss of smell or taste

We're testing you for COVID-19. The test is called SARS-CoV-2 Nucleic Acid. Due to high demand, it may take a week for your result to show up in your My Health at Vanderbilt account. Assume that you have the virus until you know for sure that you don't.

If you don't already have a My Health at Vanderbilt account, you can register for one and activate it immediately by logging onto MyHealthAtVanderbilt.com.

Do not call for your test result. For your convenience, My Health at Vanderbilt is a much better way to see your result.

While waiting for your result, you can treat your symptoms at home:

- **Isolate yourself from others as much as possible.**
- Drink plenty of fluids and take over-the-counter cold and flu medicine, as directed by your provider.

If your test result comes back "Not Detected" (negative), this means that we did NOT find any evidence that you have COVID-19. You can return

to normal activities once you feel better and your fever has been gone for at least 24 hours.

If your test result comes back "Detected" (positive), this means that we DID find COVID-19. You need to:

- Isolate yourself from others. (Follow the guidelines below.)
- Continue to drink plenty of fluids and take over-the-counter cold and flu medicine.

You must continue to isolate yourself until:

- your fever has been gone for more than 24 hours without taking any medicines that can reduce your fever
- **AND** your symptoms have improved (for example, your cough is better)
- **AND** more than 10 days have passed from your first symptoms. Or, if you're not sure when this was, from when you were tested.

If you've used immune-suppressing drugs such as steroids or had chemotherapy, an untreated HIV infection, problems with your immune system, or an organ transplant, you may need to isolate even longer. Ask your provider about this.

While at home it is important that you watch for worsening symptoms. **Go to the closest emergency department or call 911 if you:**

- have trouble breathing or are so short of breath that you can't speak a sentence without stopping to breathe

(continued)

- feel so weak that you can't walk to the bathroom or care for yourself
- are confused
- have low blood pressure.

If you feel worse, but your symptoms aren't this bad, call your primary care provider's office. If you can't reach your primary care provider, call our COVID-19 hotline at 888-312-0847.

To protect health care workers and prevent the spread of the disease, tell your health care team that you may have COVID-19 whenever you seek medical help.

Follow these guidelines for isolating yourself to protect others.

Stay home unless you need medical care.

Until you no longer need to isolate yourself from others (see above), don't go to work, school, or public areas. And avoid using public transportation (buses, ride-sharing, or taxis).

Clean your hands often.

Use soap and water if you can see dirt on your hands, and wash for at least 20 seconds. Otherwise, you can use a hand sanitizer that has 60 to 95% alcohol in it. Rub it over all the surfaces of your hands until dry.

Regularly clean surfaces that you touch.

Clean counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, and other things that you touch a lot. Also, clean any surfaces that have your blood, stool, or body fluids on them.

Use disinfecting household spray or wipes and follow the instructions for safe use.

Wash laundry thoroughly, especially anything that has your blood, stool, or body fluids on it. Dry at the warmest recommended temperature.

Cover your face when you cough or sneeze.

Cover your mouth and nose with a tissue or with the inside of your elbow and arm when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands.

Separate yourself from others in your home.

If possible, use a separate bedroom and bathroom. Don't have visitors, unless they need to be there. Also, don't handle pets or other animals. This might transfer the virus to others.

Don't share household items.

Avoid sharing dishes, drinking glasses, silverware, towels, or bedding with others. If you use these items, wash them thoroughly with soap and water.

Wear a face mask when around other people.

If you are not able to wear a face mask, other people should not stay in the same room with you, or they should wear a face mask if they enter your room.

If you need medical help, tell your provider that you may have COVID-19 before you go in for help. And put on a face mask before you enter the facility. This will help keep others from being exposed or infected.

If you have a medical emergency, tell the 911 operator that you may have COVID-19. If possible, put on a face mask before the emergency team arrives.