

General COVID-19 Home Isolation Discharge Instruction

Based on the evaluation from our telemedicine visit, you have symptoms most likely consistent with COVID-19. Please read the following instructions carefully and initiate home isolation immediately.

Call 911 immediately if you develop warning signs that represent an emergency:

- 1) Extreme trouble breathing, very rapid breaths (panting) or gasping for air while at rest.**
- 2) Inability to finish your sentences or hold your breath for 10 seconds**
- 3) Severe panting or rapid breathing (as if you have just sprinted 5 blocks) after only walking to your bathroom or down the hall**
- 4) Severe chest pain or pressure**
- 5) Confusion that's not normal for you**
- 6) Not being able to stay awake or respond to others**
- 7) Inability to drink any water for 24 hours or having less than 2 urinations a day**
- 8) Blue color in your lips, face, or hands**

Put on a facemask before you enter any medical facility. These steps will help the medical facility keep other people from getting infected or exposed.

If you believe you have a medical emergency, call 911 and notify the dispatcher that you have or are being evaluated for COVID-19. Put on a facemask before emergency medical services arrive.

Symptoms may last as long as 2 weeks depending on your age and other health conditions that you may have.

SELF-CARE INSTRUCTIONS

- Rest as much as possible. Slowly start to do more each day.
- You can take acetaminophen (Tylenol) as per the instruction on the label for fever, body aches, cough, or headaches.
- Drink more liquids as directed to help thin and loosen mucus so it is easier to cough up. Liquids such as water, gatorade, and broth also help keep you hydrated.
- Soothe a sore throat by gargling with warm salt water. Make salt water by dissolving ¼ teaspoon salt in 1 cup warm water. Older children and adults can also use throat lozenges, ice chips, or sore throat spray.
- Use a humidifier or vaporizer to increase air moisture in your home. This may make it easier to breathe and help decrease coughing.
- Use saline nasal drops as directed to relieve congestion.
- Apply petroleum-based jelly around the outside of nostrils to decrease irritation from blowing your nose.
- Do not smoke. Nicotine and other chemicals in cigarettes and cigars can make your symptoms worse.

HOME ISOLATION INSTRUCTIONS

STAY HOME except to get medical care:

- Do not go outside at all, either to work, school, or public areas, such as stores or movie theaters.
- Do not use public transportation. If you have to take a car, wear a mask and leave the window open.
- Separate yourself from other people and pets in your home. Stay in a separate bedroom and use a separate bathroom, if available.

- Ask others to care for your animals.
- Wear a facemask when around other people or pets.
- Cover your coughs and sneezes with a tissue. Throw tissues away in trashcan lined with a plastic bag and clean your hands after you throw away the tissue.
- Clean your hands often with soap and water (for 20 seconds) or with hand sanitizer containing 60% to 95% alcohol. If using hand sanitizer with alcohol, cover all surfaces of your hands and rub hands together until they feel dry.
- Use soap and water if your hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth. Clean your hands if you do touch your face.
- Do not share household items including cups, plates, eating utensils, towels, bedding, or clothes with other people or pets. After you use these items, wash them thoroughly with soap and water.
- Clean “high-touch” surfaces each day such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that have blood, stool, or body fluids on them.
- Use household cleaning spray or wipe, according to the label instructions. Read cleaning product label instructions for safe and effective use of the cleaning product.

*****WHEN TO DISCONTINUE HOME ISOLATION*****

When you have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

*****FOR MORE INFORMATION*****

- Visit the CDC website at www.cdc.gov
- Call the NYC Department of Health hotline at 1-888-364-3065 or through 311 for NYC-specific information, including COVID-19 testing centers
- Call the NewYork-Presbyterian COVID-19 hotline at 646-697-4000 or visit <https://www.nyp.org/coronavirus-information>.

Discharge Instruction for NYP Employees

Based on the evaluation from our telemedicine visit, you have symptoms most likely consistent with COVID-19. Please read the following instructions carefully and initiate home isolation immediately.

Given you are a NYP employee, please contact Workplace Health & Safety at your site below for further details about testing and clearance to return to work. We are unable to clear you to go back to work.

A new Workforce Health and Safety hotline has been created 6:00 a.m. to 11:00 p.m., 7 days a week. Please call 646-NYP-WHS0 (646-697-9470)

NYP/WCMC WHS: Payson House Building, 1319 York Ave, Basement Level: 212-746-4370

7:30 am – 4:00 pm Mon/Tues/Fri

7:00 am – 7:00 pm Wed

7:30 am – 11:30 am Thurs

NYP/CU WHS: Harkness Pavilion, 1st Floor, 180 Fort Washington Ave: 212-305-7590

NYP/LMH WHS: G73: 212-312-5249
M-F 8-12noon and 1-4pm

NYP/Q WHS: 718-670-1280

NYP/Lawrence WHS: 914-787-4273

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If you believe you have a medical emergency, call 911 and notify the dispatcher that you have or are being evaluated for COVID-19. Put on a facemask before emergency medical services arrive.

Symptoms may last as long as 2 weeks depending on your age and other health conditions that you may have.

*****SELF-CARE INSTRUCTIONS*****

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- Do not use public transportation. If you have to take a car, wear a mask and leave the window open.
- Separate yourself from other people and pets in your home. Stay in a separate bedroom and use a separate bathroom, if available.
- Ask others to care for your animals.
- Wear a facemask when around other people or pets.
- Cover your coughs and sneezes with a tissue. Throw tissues away in trashcan lined with a plastic bag and clean your hands after you throw away the tissue.
- Clean your hands often with soap and water (for 20 seconds) or with hand sanitizer containing 60% to 95% alcohol. If using hand sanitizer with alcohol, cover all surfaces of your hands and rub hands together until they feel dry.
- Use soap and water if your hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth. Clean your hands if you do touch your face.
- Do not share household items including cups, plates, eating utensils, towels, bedding, or clothes with other people or pets. After you use these items, wash them thoroughly with soap and water.
- Clean “high-touch” surfaces each day such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that have blood, stool, or body fluids on them.
- Use household cleaning spray or wipe, according to the label instructions. Read cleaning product label instructions for safe and effective use of the cleaning product.

WHEN TO DISCONTINUE HOME ISOLATION

When you have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

Please call WH&S for clearance BEFORE returning to work.

FOR MORE INFORMATION

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- Call the NYC Department of Health hotline at 1-888-364-3065 or through 311 for NYC-specific information, including COVID-19 testing centers
- Call the NewYork-Presbyterian COVID-19 hotline at 646-697-4000 or visit <https://www.nyp.org/coronavirus-information>.

Discharge Instruction for Caregivers of COVID-19 Patients

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

Monitor your own health:

- Wear a facemask if you and the person with suspect or confirmed COVID-19 are in the same room.
- Make sure that shared spaces in the home have good airflow, such as by an air conditioner or opened window, weather permitting.

- 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, shortness of breath.

Helping person with suspect or confirmed COVID-19:

- 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.
- Help with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- 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.

Visitors:

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

Clean your hands often:

- Clean your hands often with soap and water (for 20 seconds) or with hand sanitizer containing 60% to 95% alcohol.
- If using hand sanitizer with alcohol, cover all surfaces of your hands and rub hands together until they feel dry.
- Use soap and water if your hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Cleaning Instructions for the Home:

- Clean "high-touch" surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that have blood, stool, or body fluids on them. • Use household cleaning spray or wipe, according to the label instructions.
- Read cleaning product label instructions for safe and effective use of the cleaning product.

Other Cleaning Instructions:

- 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.
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
- Wear gloves while handling soiled items and keep soiled items away from your body.
- When removing personal protective equipment, first remove and dispose of gloves.
- Clean your hands after removing your gloves.
- Next, remove and dispose of facemask. Clean your hands again.
- 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.
- After the patient uses items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding wash them thoroughly with soap and water.

- 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.

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