Coronavirus (COVID-19) Positive Discharge Instructions

You were diagnosed with the novel Coronavirus, known as COVID-19. It is a viral illness that can cause fever, cough and trouble breathing. Some people may have chills, muscle aches, runny nose, sneezing, sore throat, upset stomach or loose stool, loss of taste or smell.

Daily check your temperature and monitor your symptoms (if any).

You should be following   NSU protocol of wearing a mask in all public spaces. Please make sure you continue this. As advised by the Centers for Disease Control and Prevention (CDC), you need to stay in your home and limit contact with others in your home (including pets/animals) to avoid spreading this virus and to protect those around you who may be more susceptible to the disease.

 If you have a roommate or live with others- please wear mask indoors, social distance of at least 6 feet, use separate bathroom and eating utensils, avoid sharing personal items (glasses, towels, toothpaste, etc.). Avoid touching your eyes, nose, and mouth with unwashed hands. Wash your hands (for 20 seconds) before and after eating or if any cough/sneezes/nose blowing touching face OR use an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

 https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use .

Disinfect "high touch" areas (door knobs, desks, keyboards, cell phones, toilets, laptops, furniture, shelves, etc.). Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good air flow in the room during use of the product.

Wash eating utensils in hot, soapy watery or use a dishwasher. Laundry –use hot water.

When do I need to call the doctor?

Call your doctor if your breathing is getting worse (harder or faster than before or you feel like you are getting less air), feeling faint/dizzy. If you start to feel worse at any time in your illness, please call your doctor, who will tell you where to go to be seen. Put on a facemask before leaving home or before you enter the clinic or hospital. Please add Spartan Health Center (SHC) to your phone contact list 757-278-3360. We are open M-F, 8am to 5 pm. After hours and weekends call will be forwarded to on call medical provider.

Get medical attention right away if you develop emergency warning signs of COVID-19 such as: trouble breathing, chest pain or pressure that does not go away, new confusion or not able to wake up, bluish lips or face.

STAY home except to go to the doctor. Do not go to work, school, or public areas, except for getting medical care. Avoid using public transportation (such as buses), ride-sharing, or taxis.

If you have an upcoming doctor appointment, call the office and tell them that you have COVID-19.

When can I end isolation?

https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf

(Symptom-based criteria) You need to self-isolate for minimum of 10 days including at least 1 day (24 hours) without fever or symptoms (also no medications in use). If you have NOT improved your symptoms your isolation may last longer.

 (Time-based criteria) You can stop isolating yourself if you never develop symptoms of COVID19 AND at least 10 days have passed since your first started positive test.

(Extended Time-based criteria for severe immunocompromised) You can stop isolating yourself when you are medically cleared by your medical provider.

(Test-based criteria) You can stop isolating yourself when you have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) and other symptoms have improved (for example, when your cough or shortness of breath have improved) and you have two negative repeat tests for COVID19.

Do you need to notify others?

Notify your close contacts- anyone you may have been around in the past 14 days (without mask, more than 15 minutes exposure and closer than 6 feet or exposed to direct sneeze, cough, oral fluids). Your close contacts should start 14 days of self quarantine- and do the same activities as your self-isolation procedures. Your positive results will be reported to Virginia Department of Health (VDH) as a communicable disease and you should be contacted in several days for additional contact tracing.

People that LIVE WITH YOU- should self-quarantine for 14 days AFTER your self-isolation period ends. Other close contacts such as caretakers and intimate partners should self-isolate for 14 days AFTER your last contact with them.

Your close contacts should self-monitor for symptoms by checking their temperature twice a day and watching for fever, cough, or shortness of breath. They should contact their doctor if they develop symptoms of COVID-19 and get tested if symptoms develop.

Manage your stress and anxiety

Being ill can be stressful or cause anxiety. Remember that everyone reacts differently to stressful situations.

Being ill with COVID-19 might be especially stressful because it is a new disease and there is a lot of news coverage. Take breaks from watching, reading, or listening to news stories, including social media.

People with preexisting mental conditions should continue their treatment and be aware of new or worsening symptoms.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, call NSU Counseling 757-823-8173, or the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1.800.985.5990 or text TalkWithUs to 66746. (TTY 1.800.846.8517)

For more information:

CDC Coronavirus Website https://www.cdc.gov/coronavirus/2019-ncov/index.html

CDC Coronavirus Frequently asked question - https://www.cdc.gov/coronavirus/2019-ncov/faq.html

Virginia Department of Health info http://www.vdh.virginia.gov/coronavirus/

Call VDH COVID-19 hotline at 877-ASK-VDH3