Coronavirus (COVID-19) Patient Advice

Discharge from Hospital Stay

COVID-19 is an infectious disease caused by a newly discovered coronavirus strain that first emerged in December 2019. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe disease. The new coronavirus outbreak (COVID-19) was declared a pandemic by the World Health Organisation on 11 March 2020.

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature and/or
- loss or change to your sense of smell or taste

For most people COVID-19 will be a mild illness. However if you have any of the symptoms listed you should self isolate at home.

Leaving hospital after a COVID-19 infection

What happens once I leave hospital?

At the point you are considered well enough to leave hospital. Any medication you require will have been prescribed medication prior to discharge. If you did not require any prescribed medication then you should be able to manage your symptoms yourself at home. Ensure you stay hydrated and take paracetamol if you have a temperature. To aid recovery, try to avoid spending long periods of time lying flat in bed, trying sitting up or in a chair, or moving around at home.

You may have a cough or feel tired or breathless for several weeks despite the COVID-19 having cleared, however if the symptoms persist please call your GP for a review.

If you are still struggling to manage your symptoms at home, or your condition gets worse please contact:

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Your care team may wish to give you some specific guidance below:

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For a medical emergency, dial 999 immediately.

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When you get home

Can I spread COVID-19 to friends and family?

There is a risk that other members of your household or others that you have been in close contact with over the previous 2 weeks have been exposed to the virus. Therefore each of you should follow the government's isolation guidance:

www.gov.uk/government/publications/
covid-19-stay-at-home-guidance/stay-
at-home-guidance-for-households-with-
possible-coronavirus-covid-19-infection

Please continue to monitor this guidance as it is updated regularly as more evidence becomes available. This will ensure you have the most up to date information on when it is safe to end your self-isolation (and household isolation if you live with others).

Please note that a persistent cough alone does not mean someone must continue to self-isolate beyond the duration advised by the government.

Can I get COVID-19 again?

You must also self-isolate again if someone you live with (or someone in your support bubble) gets symptoms again even if you've had a positive test result for coronavirus before. You probably have some immunity to coronavirus but it's not clear how long it will last

Do I need to wear a facemask?

You will be issued with a mask to wear as you travel home. Find the latest guidance regarding face masks here:

www.gov.uk/government/publications/
staying-safe-outside-your-home

What if I feel unwell again?

Monitor your symptoms regularly and if you have any concerns go to:

www.nhs.uk/conditions/coronavirus-
covid-19/check-if-you-have-coronavirus-
symptoms/

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## Protecting yourself and others from coronavirus

Wash your hands frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water is not available.

Cover your mouth and nose with a tissue when you cough or sneeze and then throw the tissue in the bin and wash your hands. Alternatively, cough or sneeze into your elbow.

Avoid touching your eyes, nose and mouth with unwashed hands.
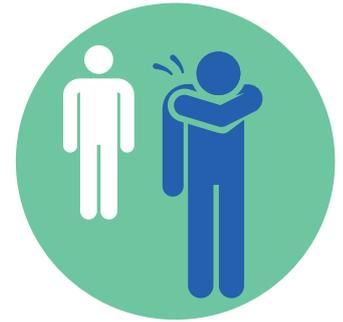
Avoid close contact with people who are sick, sneezing or coughing.