

Discharge Information

COVID-19 Test Results

We took viral swab samples to test you for the novel coronavirus (COVID-19). You will receive a call with your results, which can take up to 7 – 10 days.

You can also view your test results in UCSF Health's MyChart app. If you did not receive an activation code or you lost it, you can contact MyChart Customer Service at 415-514-6000. They are available 24 hours a day, seven days a week.

You may also call 1-628-336-7205 if you have further questions.

Ongoing Care

Stay home except to get medical care.

Restrict activities outside your home, except for getting medical care. Avoid using public transportation, ride-sharing, or taxis.

Wear a face mask

Wear a face mask when around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask, then people who live with you should not be in the same room with you.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands as instructed below.

Clean your hands often

Wash your hands regularly with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used (not just sanitizer) if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Wear a facemask when you are within 6 feet of other people. Use a **separate bathroom**, if possible.

Animals: Have another member of your household care for your animals while you are sick. If you must care for your pet, wash your hands before and after and wear a facemask.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces every day

High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a facemask before emergency medical services arrive.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 to help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Discontinuing Home Isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Current recommendations:

1. You have had no fever for at least 72 hours (that is three full days without using medicine that reduces fevers)

AND

2. Other symptoms have improved (for example, your cough or shortness of breath have improved)

AND

3. At least 7 days have passed since your symptoms first appeared.

Recommended precautions for household members of a patient with possible or confirmed COVID-19 infection

- Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.
- Stay in another room or be separated from the patient as much as possible. Use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.

- Make sure that shared spaces in the home have good airflow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used (not just hand sanitizer) if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- You and the patient should wear a facemask if you are in the same room.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see next page).
- Clean all "high-touch" surfaces, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Wash laundry thoroughly.
 - > Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - > Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider.