Instructions for Patients Being Discharged from the Emergency Department (ED) or Urgent Care Centre (UCC) with a COVID-19/Suspected COVID-19 Infection

Based on medical evaluation your illness does not require hospital care. You can therefore stay at home while waiting for results and recovering from your illness.

You are legally required to isolate and remain on your own property. You may leave your home only if you need to access medical care. More information is below and available at: www.alberta.ca/isolation.aspx.

CALL 911 IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- You have new or more trouble breathing.
- You develop new or worsening chest pain.
- You are confused or not thinking clearly.
- You pass out (lose consciousness).

Call your Family Doctor/Physician or Health Link at 811 or seek medical care if:

- Your symptoms are not resolving (you should start to feel better in 7-14 days).
- You start getting better and then get worse again.
- You think you are having a problem with your medicine.
- You have signs and symptoms of dehydration such as:
  - Having a very dry mouth
  - Passing only a little urine
  - Feeling light-headed

Call your Family Doctor/Physician:

- For follow-up and/or non-urgent problems/questions
- If it has been more than five days and you have not received your results

Caring for Yourself at Home

- Isolate yourself
  - Stay home and away from other people.
  - Leave your home only if you need to access medical care.
  - Do not use public transportation (such as bus or train)
  - Wear a face mask if you cannot avoid being around other people, such as in your own home or when seeking medical help.
  - Cough or sneeze into your sleeve/elbow or cover your mouth and nose with a tissue, and throw it in the trash right away and then clean your hands.
  - Wash your hands often with soap and water for at least 20 seconds. If you don’t have soap and water at the time, use an alcohol-based hand sanitizer.
  - Avoid touching your eyes, nose, mouth and face.
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Last updated: 05/01/2020 1200h
ECC approved: 05/07/2020 1503h

- Limit contact with people in your home. Only one healthy person should care for you. If possible, stay in a separate bedroom and use a separate washroom from everyone else in your home.
- Don't share personal household items. These include bedding, towels, cups, eating utensils and electronic devices.
- Clean and disinfect your home every day. Use household cleaners and disinfectant wipes or sprays.
- To learn more visit: [www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

- Extra rest can help you feel better.
- Drink plenty of fluids
- Raise your head with an extra pillow if coughing keeps you awake at night.
- Don't smoke, vape or breathe second-hand smoke.
- To help with body aches and headache or to lower fever, try acetaminophen as directed on packaging.
- Don't take antihistamines (examples: Benadryl®, Reactine®) for the management of COVID-19 symptoms as they could make nasal drainage thicker.
- Take your medicines exactly as prescribed. Call your doctor or Health Link at 811 if you think you’re having a problem with your medicine.
- Follow the advice you’ve been given about when it’s safe to leave isolation. If you’re not sure, call Health Link at 811.
- To learn more visit: [https://myhealth.alberta.ca/alberta/pages/How-to-manage-symptoms.aspx](https://myhealth.alberta.ca/alberta/pages/How-to-manage-symptoms.aspx)

**Where can I learn more?**

You can find the latest information about COVID-19 from these sources:

- [Alberta Health](https://www.alberta.ca/coronavirus-info-for-albertans.aspx)
- [Alberta Health Services](https://www.albertahealthservices.ca/topics/Page16944.aspx)
- [MyHealthAB](https://myhealth.alberta.ca/alberta/pages/Coronavirus-Disease-(COVID-19)-Care-Instructions.aspx)