COVID-19: My discharge checklist

Moving Forward

Yes, you’ve been through a lot, and it’s almost time to leave the hospital. To help get you ready, here is a guide put together with patients, for patients.

You can expect to have a conversation with your healthcare team about leaving the hospital. This checklist will make it easier to find answers to questions like what’s coming next, how to take care of yourself and who to contact for more information or support.

How to use this checklist

You can read and use this checklist in any order you choose. Everyone is unique, so not all the sections may be important to you. There is space for you to write down notes and make it your own.

My transition conversation

You and your family or care team are essential members of your health care team and play an active role in preparing for your transition out of hospital and your recovery.

Have someone you trust – like a family member, caregiver, friend or other support person – take part in your transition conversation in person, by phone or video chat through Facebook, Skype or Zoom.

If this is not possible, you can record your discharge conversation for your return home using:

- Your phone’s voice recorder, or
- The Alberta Health Services My Care Conversations app

My medicines

☐ I have my medicine schedule and I know when to safely take my medicines when I go home.

☐ I am aware of any changes made to my medicine while I was in hospital.

☐ I know what medicine(s) I can safely take for pain management when I go home.

☐ I have my prescriptions (if needed) to be filled when I go home.

☐ I’m worried about paying for my medicines.

You may be able to receive assistance through Alberta’s Income Support program. It depends on your needs and situation. Contact Alberta Supports Contact Centre at 1-877-644-9992 and alberta.ca/income-support.aspx or your Income Support worker.

☐ I have a plan for how I will get my medicines from my pharmacy.

If you have been told to isolate you cannot go into the pharmacy. Please consider delivery or pick-up options. You may have to pay for this type of service.
### My appointments and contacts

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<thead>
<tr>
<th>Healthcare Provider Name</th>
<th>Date</th>
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Key contact people (Community Health Director, Indigenous Hospital Liaison, Navigator, Social Worker):

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<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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### Caring for myself at home

I have received and reviewed the following patient handouts:
- [ ] Coronavirus Disease (COVID-19): Care Instructions
- [ ] Coronavirus Disease (COVID-19): How to Manage Symptoms
- [ ] How to Care for a COVID-19 Patient at Home

### My questions and concerns

Here are some questions you may want to discuss during your transition conversation with your hospital team.

#### About isolation and testing

- How long am I contagious?
- Do I still need to follow public health guidelines (like masking) even though I’ve already had COVID-19?
- Do I know how to safely isolate when I go home, including how to isolate away from others living in my home?
- Do I know what I can and can’t do while isolating?
- Do I need to be re-tested for COVID-19 after I get home?
- Do members of my household need to isolate or be tested for COVID-19?

Find more information to help answer your isolation questions by visiting [ahs.ca/isolation](http://ahs.ca/isolation).

#### About follow-up appointments and tests

- Does my family doctor, community health team or other supports know I was in hospital for COVID-19?
- When should I follow up with my family doctor?
- Do I tell my family doctor if there are changes in my attention, ability to focus/understand or memory?
- Do I understand which tests/bloodwork I may need once I leave the hospital?

#### About additional care/equipment

- Do I need Home Care services and supports?
o Has a referral been sent?
- Why am I being referred to Home Care?
  o When can I expect a call?
  o Who should I contact if I have Home Care questions?
- Will I need special equipment or supplies? How do I get these?

About going home

- What other transition information should I expect to get before I leave hospital?
- If I am discharged over the weekend:
  o what are my care options if services aren’t available until the next working day? (See My health care options section)
  o do I have a plan for my medicine to get me through the weekend?
- Will a healthcare provider contact me to see how I am doing once I am home?
- Do I have an Advance Care Plan or Green Sleeve to take home?

About worries I may have after I leave hospital

- Where can I get support if I am:
  o not able to return to work?
  o needing help to meet financing, housing or other basic needs?
  o struggling with my emotions or worried about how I am doing?
  o looking for more strategies to manage my on-going symptoms?

Helpful Resources

<table>
<thead>
<tr>
<th>Alberta Supports</th>
<th>1-866-644-5135</th>
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<tbody>
<tr>
<td>Get emergency financial assistance to help with basic needs like shelter, food, clothing and transportation. (Open 24 hours)</td>
<td>alberta.ca/alberta-supports</td>
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<tr>
<th>Community and Social Services Help Line</th>
<th>211</th>
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<td>(Open 24 hours)</td>
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<tr>
<th>Family Violence Information Line</th>
<th>310-1818</th>
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<td>(Open 24 hours)</td>
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<tr>
<th>Mental Health Helpline</th>
<th>1-877-303-2542</th>
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<td>(Open 24 hours)</td>
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<tr>
<th>Resources to support patients with ongoing symptoms</th>
<th>See “More Information” section on last page</th>
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Get medical advice immediately if any of your symptoms worsen. Let them know that you have been recently hospitalized for COVID-19:

| **911** | 911 is the number to call any time you have an emergency requiring police, fire or an ambulance. Always call 911 when someone’s health or safety is at risk. When a life is at stake, 911 is the fastest way to get the help you need. **Call 911 if you:**  
- Have new or more trouble breathing  
- Develop new or worsening chest pain  
- Are confused or cannot think clearly  
- Pass out (lose consciousness) |
| **Emergency Department** | Emergency departments help you with your emergency health needs anytime day or night. They provide care for patients with major trauma, cardiac events, injuries, and general medical problems. If you have an emergency, call 911. |
| **Urgent Care** | Some communities have **Urgent Care** services for people who have unexpected but non-life-threatening health concerns that usually require same-day treatment. Some examples include:  
- Broken bones  
- Sprains  
- Lacerations  
- Asthma  
- Dehydration  
- Pain  
- Infections  
**Locations:**  
- Airdrie Community Health Centre  
- Cochrane Community Health Centre  
- East Edmonton Health Centre  
- Okotoks Health and Wellness Centre  
- Sheldon M. Chumir Health Centre  
- South Calgary Health Centre |
| **811 (Health Link)** | If you have a concern or you are not sure where to go for help, call 811 to speak to a nurse. Health Link is a free, round-the-clock, telephone advice and health information service. |
| **Family Doctor** | **Contact your family doctor if you have new or worsening symptoms such as:**  
- Your symptoms do not improve within 7 to 14 days  
- You start getting better and then get worse (for example more shortness of breath)  
- You think your medicine(s) is not working or you are having side effects from it  
- You have signs of dehydration such as passing only a small amount of urine, a very dry mouth or feeling light-headed |

[Order from top-left to bottom-right]

[ahs.ca/covid]
General Care:
- Follow-up appointment(s)
- Non-urgent problems or questions

Seeing your family doctor is your best option for on-going health needs (non-urgent problems or questions, follow-up appointments).

Some family doctors have an ‘after hours’ number you can call to speak with an on-call doctor. Ask your family doctor if this option is available to you.

Addiction & Mental Health
A 24-hour, seven days a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns.

Addiction Helpline: 1-866-332-2322
Mental Health Helpline: 1-877-303-2642
Websites: [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) [ahs.ca/covidmentalhealth](https://ahs.ca/covidmentalhealth)

Rehabilitation Advice Line
Call 1-833-379-0563:
Available to Albertans over the age of 18 who are recovering from COVID-19.
- information about activities and exercises to help with physical concerns;
- strategies to manage day-to-day activities affected by these concerns;
- how to access rehabilitation services that are open for in-person and/or virtual visits.

My activities
Activities and instructions that I need to be aware of such as diet, physical activity, return to work, and when I can safely end isolation and leave my home:

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<th>Activity</th>
<th>Instruction</th>
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Addictions & Mental Health

- ahs.ca/helpintoughtimes
- ahs.ca/covidmentalhealth

COVID-19 General information

- Alberta Health Services COVID-19 information: ahs.ca/covid (scroll down the page and browse by topics that are relevant for you)
- Government of Alberta COVID-19 information: alberta.ca/covid
- Government of Canada COVID-19 information: canada.ca/covid19

COVID-19 Ongoing Symptoms

- Getting Healthy After COVID: ahs.ca/healthyaftercovid
- After COVID-19: Information and resources to help you recover – myhealth.alberta.ca/HealthTopics/After-COVID
- Helping You Recover After COVID-19 classes: To learn more and register, call 1-403-943-2584 (long distance charges may apply) or visit app.bookking.ca/ahlpcalgarypub/index.asp

Indigenous Health Information

- Alberta Health Services Indigenous Health: ahs.ca/covid scroll down and click on “Indigenous Peoples”

Vaccine Information

Visit ahs.ca/vaccine to learn more about booking a COVID-19 vaccine appointment and to get answers to common vaccine questions.

Share Your Thoughts!

Did you find this checklist helpful? Do you have suggestions to make it better? Let us know by selecting an option below to complete a short survey:

2. Scan the QR code below by using your camera app function on your smartphone: