COVID-19: My discharge checklist

This document is for you or someone you trust to keep your discharge plans in one place and help you feel ready to manage your health when you leave the hospital after treatment for COVID-19.

Name ______________________________

I came to __________________________ Hospital on __________________ and left on __________________

I need to isolate until __________________

My family doctor is ____________________________ Phone ____________________________

Name of family doctor clinic ____________________________

I have a Home Care Referral ☐ Yes ☐ No Phone ____________________________

My emergency contact is ____________________________ Phone ____________________________

Other key contact people (Community Health Director, Indigenous Hospital Liaison, Navigator, Social Worker)

Name ____________________________ Phone ____________________________

Name ____________________________ Phone ____________________________

Name ____________________________ Phone ____________________________

Have someone you trust such as a family member, caregiver or friend take part in your discharge conversation by phone or video chat such as FaceTime, Skype or Zoom. If you need help setting this up, please ask.

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. *see Discharge Summary

☐ 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 know who to contact if I need support paying for my medicines.

☐ 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.
I have received and reviewed the following patient handouts:


You may have questions before you leave the hospital. Below are some examples of what you may want to talk about with your healthcare provider before going home:

» Do I know how to safely isolate when I go home, including how to isolate away from others living in my home? (Visit ahs.ca/isolation for more information)
» 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?
» Do I need Home Care services and supports?
  ● Has a referral been sent? When can I expect a call?
  ● Who should I contact if I have Home Care questions?
» If I am discharged over the weekend, what are my care options if services aren't available until the next working day?
» Does my family doctor know I was in the 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 have an Advance Care Plan or Green Sleeve to take home?
» Will I need special equipment or supplies? How do I get these?
» I have questions, concerns or worries about COVID-19. For example, what if I am:
  ● Not able to return to work and need help to meet my basic needs?
  ● Struggling with my emotions or worried about how I am doing?
» Where can I get support?
  ● Alberta 211 – Call, text or live chat for community resources and supports
  ● Visit ahs.ca/helpintoughtimes for helpful phone numbers and resources
Get medical advice immediately if any of your symptoms worsen. Let them know that you have been recently hospitalized for COVID-19:

<table>
<thead>
<tr>
<th>Call 911 if you:</th>
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<tbody>
<tr>
<td>• Have new or more trouble breathing</td>
</tr>
<tr>
<td>• Develop new or worsening chest pain</td>
</tr>
<tr>
<td>• Are confused or cannot think clearly</td>
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<tr>
<td>• Pass out (lose consciousness)</td>
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**Family Doctor**

If you do not have a family doctor, please visit [AlbertaFindADoctor.ca](http://AlbertaFindADoctor.ca) or call 811

**New or Worsening Symptoms:**

• 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

**General Care:**

• Follow-up appointment(s)
• Non-urgent problems or questions

<table>
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<tr>
<th>Call 811 Health Link for:</th>
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<tr>
<td>• General healthcare advice from a registered nurse</td>
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**Rehabilitation Advice Line**

Call 1-833-379-0563:

• For advice recovering from COVID-19 such as from a physical therapist or occupational therapist

**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:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Instruction</th>
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More information

Addictions & Mental Health
Alberta Health Services – Addictions and Mental Health: ahs.ca/helpintoughtimes

Indigenous Health Information
Alberta Health Services Indigenous health: ahs.ca/covidih
Resources in Indigenous languages: sac-isc.gc.ca/eng/1583781906998/1583781926813

General Information
Alberta Health Services COVID-19 information: ahs.ca/covid
Alberta Health Services COVID-19 isolation information: ahs.ca/isolation
Government of Canada COVID-19 information: canada.ca/covid19

ahs.ca/covid

Updated December 2020