

## 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 self-isolate until \_\_\_\_\_ Or longer if I still have symptoms (10 days from symptoms onset or until symptom free, whichever is longer).

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 \_\_\_\_\_

### My discharge conversation

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 medicine

- I have received my medicine list. I understand what they are for and when to take them.
- I am aware of any changes made to my medicine while I was in hospital. \*see Discharge Summary
- I have my medicine schedule and know when to safely take them when I go home.
- I know what medicine 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 medicine.
- I have a plan for how I will get my medicine from my pharmacy.



**\*If you have been told to self-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



Healthcare Provider Name \_\_\_\_\_ Date \_\_\_\_\_  
 Location \_\_\_\_\_ Time \_\_\_\_\_



Healthcare Provider Name \_\_\_\_\_ Date \_\_\_\_\_  
 Location \_\_\_\_\_ Time \_\_\_\_\_

## Caring for myself at home

I have received and reviewed the following patient handouts:

- [Prevent the Spread of Coronavirus](#)
- [How to Care for a COVID-19 Patient at Home](#)
- [Coronavirus Disease \(COVID-19\): Care Instructions](#)
- [Coronavirus Disease \(COVID-19\): How to Manage Symptoms](#)

## My questions & concerns

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 self-isolate when I go home?
  - See **Prevent the Spread of Coronavirus** handout
- » Do I know what I can and can't do while self-isolating?
- » Do I need to be re-tested for COVID-19 after I get home?
- » Do members of my household need to self-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'm being 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 have an Advance Care Plan or Green Sleeve to take home?
- » Will I need special equipment or supplies? How do I get these?
- » I am feeling nervous and worried about COVID-19. Where can I get support?
  - Alberta 211 – Call, text or live chat for community resources and supports
  - Visit [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) for important addictions and mental health phone numbers and resources to help

## My care options

Get medical advice immediately if any of your symptoms worsen. Let them know that you have been recently hospitalized for COVID-19:

<b>911</b>	<p><b>Call 911 if you:</b></p> <ul style="list-style-type: none"> <li>• Have new or more trouble breathing</li> <li>• Develop new or worsening chest pain</li> <li>• Are confused or cannot think clearly</li> <li>• Pass out (lose consciousness)</li> </ul>
<p><b>Family Doctor</b></p> <p>If you do not have a family doctor, please visit <a href="http://AlbertaFindADoctor.ca">AlbertaFindADoctor.ca</a></p>	<p><b>New or Worsening Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Your symptoms do not improve within 7 to 14 days</li> <li>• You start getting better and then get worse (for example more shortness of breath)</li> <li>• You think your medicine is not working or you are having side effects from it</li> <li>• You have signs of dehydration such as passing only a small amount of urine, a very dry mouth or feeling light-headed</li> </ul> <p><b>General Care:</b></p> <ul style="list-style-type: none"> <li>• Follow-up appointment(s)</li> <li>• Non-urgent problems or questions</li> </ul>
<b>811</b>	<p><b>Call 811 Health Link for:</b></p> <ul style="list-style-type: none"> <li>• General healthcare advice from a registered nurse</li> </ul>

## My activities

Activities and instructions that I need to be aware of such as diet, physical activity and returning to work:

Activity	Instruction

## My notes

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## More information

### Addictions & mental health

Alberta Health Services – addictions and mental health: [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)

### Indigenous health information

Alberta Health Services Indigenous health: [ahs.ca/covidih](https://ahs.ca/covidih)

Resources in Indigenous languages: [sac-isc.gc.ca/eng/1583781906998/1583781926813](https://sac-isc.gc.ca/eng/1583781906998/1583781926813)

### General information

Alberta Health Services COVID-19 information: [ahs.ca/covid](https://ahs.ca/covid)

Government of Alberta COVID-19 information: [alberta.ca/coronavirus-info-for-albertans](https://alberta.ca/coronavirus-info-for-albertans)

Government of Canada COVID-19 information: [canada.ca/covid19](https://canada.ca/covid19)