

COVID-19 (Coronavirus Disease 2019)

TRANSMISSION PREVENTION GUIDELINES FOR FAMILIES RETURNING HOME WITH A DIAGNOSIS OF SUSPECTED OR CONFIRMED COVID-19 INFECTION

You have been tested for COVID-19 today. Based on your current condition, your symptoms are mild and do not require hospital care. You can therefore stay at home while waiting for your results, and recover.

- Get rest and stay at home
- Drink plenty of fluids
- Monitor your temperature daily
- Take any prescribed medications
- Protect those around you (limit contact)
- Got to the emergency department if your symptoms worsen
- You can call 1-877-644-4545 for information or if you have any concerns

Leaving the hospital

Once you have been swabbed and have received this document from the nurse, it is safe for you to return home. You will be given a prescription from the nurse to stay in isolation at home for up to 48 hours until your results are back.

- You should keep the mask that is given to you on until you get home, and then it should be thrown out.
- You should not travel using Public transit if you have symptoms or have been swabbed for COVID-19
- Ideal choice would be your own vehicle or call someone to pick you up

At home:

- Separate yourself from other people and animals in your home, a separate room with a bathroom is preferred
- If a separate room is not possible, stay a minimum of 2m (6 feet) away from other people
- If a separate bathroom is not possible, clean it after each use with bleach
- Wash your hands frequently with soap and water or alcohol-based hand rub
- Cover your nose and mouth with a tissue or bent elbow when you cough or sneeze
- After use, throw out the tissue and wash your hands right away
- Monitor for worsening symptoms (see section below)
- Avoid contact with others, especially pregnant women, the elderly, people with medication conditions (cardiac, diabetic, respiratory and cancer illnesses).
- Avoid touching your face

- Avoid sharing personal household items (e.g. Dishes, drinking glasses, utensils, towels and bedding)
- Dishes should be washed thoroughly with soap and water
- Bedding and towels can be washed with those of other household members

Results:

- When your swab results are back, you will be called by a doctor with the results
 - If the results are negative: Remain in self-quarantine until 24 hours symptom free
 - If the results are positive: A doctor/Public health will call you with further instructions

Go to the emergency room if you experience the following: Even if you tested negative.

- Persistent fever of 38° C (100.4° F) for more than 72 hours
- Trouble breathing at rest with slight exertion
- Chest pain
- Sudden dizziness
- Persistent vomiting or diarrhea
- Confusion

