

COVID-19 (Coronavirus Disease 2019)

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

Your doctor suspects that you have COVID-19. Based on the medical evaluation your illness is mild and does not require hospital care. You can therefore stay at home while waiting for results, and recover from your illness.

- Get rest and stay at home.
- Drink plenty of fluids.
- Monitor your temperature daily.
- Take all prescribed medication accordingly.
- Protect those around you.
- Go to Emergency Department if your symptoms worsen.
- You can call Info-Santé **8-1-1** for information or if you have any concerns.

LEAVING THE HOSPITAL

If you have received this pamphlet from the medical team, it is safe for you to return home at this time and recover at home. We ask that you remain at home until the results of your test are available. This includes no school, no work and no errands.

- You will receive a face mask; before putting on the mask, wash your hands.
- Facemasks need to be changed when wet or soiled.
- Preferred choice of transport should be your own vehicle or a taxi.
- If you take public transport, maintain 2 metres (6 feet) distance from others to prevent transmission.

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 available, stay a minimum 2 m (6 feet away) from other people.
- If a separate bathroom is not available, clean it after each use with bleach
- Wash hands frequently (soap or alcohol-based hand rub).
- Cover your nose and mouth with a tissue or bent elbow when you cough or sneeze.
- After use, dispose a tissue in garbage and wash your hands immediately.
- Monitor your symptoms.
- Avoid contact with others, especially: pregnant women, the elderly, people with medical conditions (cardiac, diabetes, respiratory and cancer illnesses).
- Avoid touching your eyes, nose, mouth and 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.
- We suggest you wear a face mask if you must be in contact with other people.
- Persons who are in contact with you may also use a face mask to avoid infection.

DISCONTINUATION OF HOME ISOLATION:

- You must remain under home isolation precautions until further notice from your physician. If the test is negative, you will be called by your physician and at that time, isolation will be stopped.
- If the test is positive, your physician and Public Health will be in contact with you to provide further instructions.

GO TO THE EMERGENCY ROOM IF YOU EXPERIENCE THE FOLLOWING:

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

Request of proof of test result:

- By email at : Archives.medicales@muhc.mcgill.ca
- **Information to include:**
 - Requested information: Covid test result
 - Complete name
 - Date of birth
 - RAMQ and/or MUHC Medical record number (on the hospital card)
 - Date and location of test



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