



## New Jersey Department of Health Guidance for COVID-19 Patients Discharged from Healthcare Facilities (UPDATED March 19, 2020)

### What to Do When You're Discharged after Being Diagnosed With COVID-19

If you have been diagnosed with COVID-19, follow the guidance below to help prevent the disease from spreading to people in your home and community. New information about COVID-19 is being collected every day, and this guidance is subject to change.

#### Remain in Home Isolation

Unless instructed otherwise by your healthcare provider, it's currently advised that **people who are diagnosed with COVID-19 should remain on "Home Isolation" until 7 days since the start of symptoms and 72 hours after your fever ends (without the use of fever reducing medication like acetaminophen or ibuprofen) and significant improvement in their other symptoms (including cough). This means that if you still have a fever and symptoms after 7 days you need to wait another 3 days after your fever ends and your symptoms improve before stopping isolation.** Home Isolation means you should remain at home and not attend any social gatherings or events. You should not leave your home except to seek medical care. While at home you should avoid others in your household. See below for steps to take that will help you prevent the spread of COVID-19 to others. **If there are multiple people in the home who are positive for COVID-19, it is okay to isolate together. However, you should separate yourself from persons who do not have symptoms or who have tested negative for COVID-19.** If you tested positive and have no symptoms of COVID-19 you should remain on home isolation for 7 days after your positive test.

#### How to Prevent the Spread of COVID-19 While on Home Isolation

You may have experienced some of the more common symptoms of COVID-19 including fever, cough and shortness of breath. You may be able to be discharged from the hospital even if you continue to experience these symptoms. While you are on home isolation, it may be possible for you to spread the virus that causes COVID-19 to others. Steps to prevent spreading the virus are outlined below:

- **Stay home until 7 days after symptoms started and 72 hours (3 days) after your fever has resolved and symptoms have significantly improved (whichever period is longer).**
- **Distance yourself from other people and pets in your home:** If you live with others, limit your contact with them as much as possible until you meet the above criteria. Limit your use of common spaces. If you continue to have symptoms, wear a facemask (if you are able) during interactions with household contacts or use of common spaces. Prohibit visitors who do not have an essential need to be in the home.
- **Do not share household items** like utensils, cups, dishes, towels, and bedding. Thoroughly wash these items after use.
- **Clean common spaces frequently with household cleaners:** Use household cleaners to clean and disinfect surfaces that you may have come in contact with. Follow the instructions on the

cleaning product to determine the appropriate use. Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.

- **Household cleaners:** Use a household cleaning product, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- **Cover your cough or sneeze:** Cough into a tissue then throw that tissue in the garbage. Wash your hands immediately. If tissues are not readily available cough into your elbow. This will help prevent the spread of the virus.
- **Wash your hands frequently with soap and water:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

### Follow-up Visits with Your Healthcare Provider

If you must leave your home during this time, it should only be to seek medical care. If possible, call your provider and ask if you can follow-up by phone. If you are asked to follow-up in person, call ahead to let them know you’re coming. Wear a facemask when entering the facility if you still have symptoms. Drive alone if possible and avoid using public transportation, ride-sharing, or taxis.

### What to Do if Symptoms Worsen

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have been diagnosed with COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed. **If you have a medical emergency and need to call 9-1-1, notify the dispatch personnel that you have COVID-19.** If possible, put on a facemask before emergency medical services arrive.

### Discontinuing Home Isolation

You do not need to be cleared from home isolation by your doctor or local health department. However, if you have any questions about whether you can stop your home isolation reach out to the numbers below. Household contacts should follow precautions, quarantine and monitor themselves for signs and symptoms of COVID-19 for 14 days after you end your home isolation.

Healthcare Provider: \_\_\_\_\_

Local Health Department: \_\_\_\_\_

Additional information for household members, intimate partners, and caregivers is available at:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>