

## COVID-19 Discharge Checklist for Patients and Families Secondary Assessment Clinic or In-Patient COVID Unit

Complete the discharge checklist with assigned patient prior to discharge. Check all boxes to confirm discharge education.

### Confirm there are no Public Health contraindications to discharge

- Consult Social Work if the patient meets either of the criteria below, to coordinate the patient discharge plan with Department of Community Services (DCS) and local resources, i.e. Mobile Outreach Street Health (MOSH) to urgently establish an alternative plan, i.e., urgent secure housing in the community.
  - Homeless
  - Living in Group Home
  - Cohabiting with high risk person without ability to self-isolate

### Review Follow up Process by Public Health

- For any patient that has tested positive for COVID-19, contact local Public Health to notify that the patient is being discharged and provide the following information (leave on voice mail):
  - Name of Nurse, Hospital/Unit arranging discharge, unit phone number to call for questions
  - Name of patient and contact phone number following discharge (home/placement setting)
  - Date of symptom onset
- Inform patient that Public Health has been notified that they will be discharged and will continue to contact them daily for specific guidance i.e., daily for temperature reading, symptom monitoring, other guidance based on identified needs

### Review Self-Isolation Guidance from Public Health

- Review general guidance for self-isolation based on patient status:
  - If tested COVID-19 positive and are symptomatic:** Maintain isolation for 10 days from onset of symptoms. If symptoms continue past the 10 days, Public Health may advise of longer isolation for a longer time, but will inform you of this with their daily monitoring.
  - If tested COVID-19 positive and no longer have symptoms:** maintain isolation for 10 days from onset of symptoms.
  - If tested COVID-19 negative:** maintain isolation for 14 days from travel/exposure and self-monitor for symptoms.

### Review How To Isolate At Home When You Have COVID-19

- Review Public Health Agency of Canada guidance: [How to Isolate At Home When You Have COVID-19](#)
- Review Nova Scotia guidance on Self-Isolation: [Information on How to Self-Isolate](#)
- Provide resources to patient and/or family

### Review How to Care for Someone with COVID-19 At Home

- Review Public Health Agency of Canada guidance: [How to Care for Person with COVID-19 At Home](#)
- Review Nova Scotia guidance for Families: [COVID-19 Fact Sheet for Families](#)

Signature/designation \_\_\_\_\_ Date \_\_\_\_\_

- Provide resources to patient and/or family
- Review medications and prescriptions to be filled following discharge

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# COVID-19 Key Messages for Patient and Family Education

## Review Self-isolation Practices

- Once discharged home, **DO NOT** leave home unless absolutely necessary, such as to seek medical care.
- DO NOT** go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- Keep shared spaces well ventilated, if possible (kitchen, bathrooms).
- DO NOT** have contact with others outside of your home, **DO NOT** attend social gatherings.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask. **DO NOT** re-use face masks.

## Review Principles of Personal Hygiene

- Teach hand hygiene and ask patient to demonstrate handwashing with soap and water or alcohol - based hand sanitizer for 20 seconds, wipe with paper towel or clean towel (until wet). Review when to wash hands: before and after preparing food; before and after eating; after using the toilet; before and after using a mask; after disposing of waste; after handling dirty laundry; whenever hands look dirty.
- DO NOT** share personal items with others, such as toothbrushes, towels, bed linen or electronic devices.
- DO NOT** share eating utensils, drinks, drinking glasses with others. Clean all eating utensils with soap and water after each use.
- Avoid touching their eyes, nose and mouth.

## Review How to Keep Things Clean at Home

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes. Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- Wash bedding, clothes, handkerchiefs, facecloths, towels using regular laundry soap and hot water (60-90°C); i.e., using the hot setting.
- Put toilet seat down when flushing.

## Review Principles of Respiratory Etiquette

- Cough and sneeze into tissue or sleeve. Discard tissues and perform hand hygiene immediately after a cough or sneeze.

## Review Symptom Management and Self Care

- Monitor yourself for symptoms daily, and take and record your temperature daily while on isolation at home
- Review medications and prescriptions to be filled following discharge
- Call 811 if you previously were negative for COVID-19 and are experience following symptoms:
  - Difficulty breathing
  - Chest pain and or feel palpitations (feels like heart rate is fast)
  - Feel dizzy or faint
  - Experience Confusion
  - Temperature >38° C
- For severe symptoms, call 911, tell them if you are COVID-19 Positive**

Signature/designation \_\_\_\_\_ Date \_\_\_\_\_