



## Instructions for Patients with Corona Virus Disease 2019 (COVID-19) On Home Isolation

Your safety and the safety of the community is our top priority. Asymptomatic and symptomatic individuals with COVID19- can spread the infection to others. Since you have been asked to stay in home isolation, we request you adhere and comply with the following instructions:



It is prohibited to go outside of your home during your home isolation period



Ask for the help from someone to take care of your daily needs, and run your errands without any direct contact



Use a face masks, if you must be around other people who have not been exposed to the virus, in your home, or in a car, because you are on your way to the hospital.



Clean your hands with soap and water for 60-40 seconds. If soap and water are not available, use a hand sanitizer that contains at least %60 of alcohol for 30-20 seconds.



Use paper tissues to cover mouth and nose when sneezing or coughing, immediately discard used tissues in a closed trash and wash hands. If tissues are unavailable, use upper arm to cover mouth and nose.



Stay in a separate room, away from others



Other household members should be separated from the individual on home-isolation as much as possible. They should not sleep in the same room, and they should use a separate bathroom, if possible



Avoid sharing household items- **Do not share** dishes, drinking glasses, cups, eating utensils or other items with the individual on home-isolation.



It is advisable to use disposable utensils while eating and drinking



Clean “high-touch” surfaces, such as counters, tabletops, keyboards, doorknobs, bathroom fixtures, toilets and bedside tables daily. Wear disposable gloves while cleaning surfaces.



**Self-surveillance consists of monitoring and recording your temperature and any potential symptoms of COVID19- for 14 days from the date of your discharge**

### Daily Self-Surveillance Checklist



Temperature of  $\geq 37.8$  °C



Cough (new or worsening)



Sore throat



Shortness of breath

On a daily basis you will receive a phone call from one of our nursing team members to check on you and provide you with the needed guidance.



**If symptoms develop or worsen during your home-isolation period, we ask you to proceed to the Emergency Room for further evaluation.**

We ask you to adhere to the governmental rules and regulations to confront the COVID19- pandemic and strictly comply with the above instructions. Violation of the governmental regulations may subject you to imprisonment and monetary fines.