



VA



U.S. Department of Veterans Affairs
Veterans Health Administration

What to do after being hospitalized for Coronavirus (COVID-19)

- Stay at home, away from work and other public places.



- If you are infected with COVID-19 and have symptoms, you may end home isolation after **ALL** of the following conditions are met:
 - No fever without using fever-reducing medications **AND**
 - No respiratory symptoms (e.g., cough, shortness of breath) **AND**
 - **NEGATIVE** results for COVID-19 testing
- Drink plenty of water and get rest.



- Cover your cough and sneezes with a tissue and throw it out. Wash your hands after coughing or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.



- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol.



- Stay in a specific room or be separated from other people in your home as much as possible. Use a separate bedroom and bathroom, if possible.



- Wear a facemask if you need to be around other people inside or outside your home.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.



- Clean all “high-touch” surfaces every day. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Follow the label instructions for safe and effective use of cleaning products, including wipes.



- Monitor your symptoms carefully. If you are getting sicker, call your VA primary care provider or your county health department. You may also call [VA VISN 8 Clinical Contact Center at 1-877-741-3400](tel:1-877-741-3400).



- Some of the **emergency** warning signs for COVID-19 are trouble breathing, chest pain or pressure, new or increased confusion, bluish lips or face. Call 911 if you are having a medical emergency and notify the 911 dispatch that you may have to be evaluated for COVID-19.

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Approved by Hospital Veteran/Family Health Education Committee 2020 #26