

Discharge Instructions for Viral Respiratory Illness During Covid-19 Outbreak

You have been diagnosed with a viral respiratory illness.

If you were tested for Covid-19, the test will not be back for 2-3 days.

If you are positive for Covid-19, the Flu, or another viral illness, you still must follow these instructions:

- Avoid contact with other people.
- Wash your hands
- Cover any cough or sneeze
- Do not leave quarantine until you have been without a fever for 24 hours.
- If you tested positive for Influenza or Covid-19, it is recommended that you quarantine yourself for 14 days in order to prevent spread of the illness to others.

Return to the Emergency Department if:

- You begin having difficulty breathing.
- You are unable to walk short distances in your house without becoming increasingly short of breath.
- Your resting heart rate is staying over 100bpm. Check a resting heart rate if it has been more than 5 minutes after walking or exercise. You can use a smart device or pulse oximetry, iPhone, or heart rate monitor.
- You become suddenly worse.

At this time there is no specific treatment for Covid-19 and care is supportive or directed towards complications of the infection.