

Discharge Instructions

Thank you for visiting Harbor-UCLA. After examination, our care team feels you are safe to go home. Many viruses can cause cold symptoms (fever, cough, runny nose, headaches, and body aches). In most cases, symptoms improve in 5-7 days and patients do not need to stay in the hospital.

The new coronavirus (COVID-19) is similar to other viruses. We know that people with heart disease, lung disease, diabetes, pregnant women, and the elderly are at higher risk.

What you should know about COVID-19:

- Most people with COVID-19 have mild symptoms.
- Some people are infected and have no symptoms.
- The infection can last from 2 to 6 weeks.
- COVID is spread between people who are in close contact with each other.
- Stay away from others who are sick, especially if you are not sick.
- Children with COVID-19 have mild symptoms.
- THERE IS NO MEDICATION TO TREAT COVID-19.
- Being vaccinated for the flu does not stop you from catching COVID-19, but it helps prevent the flu.

What you should do (follow these instructions for 3 days after your fever goes away):

- If you feel well (no cold symptoms), you do not need to see a doctor.
- If you have a cough or runny nose, stay home so you do not spread the virus to others.
- If you are sick, do not go to work, school, or shopping. Avoid using the bus.
- Cough or sneeze into your elbow, use clean tissues, and wear a mask if available. If you use your hands to cover your mouth or nose when coughing or sneezing, wash them immediately.
- Wash your hands frequently, especially before eating. Use soap and water for at least 20 seconds. If no soap is available, alcohol gel can be used.
- Try not to touch your face (eyes, nose, or mouth).
- Use disinfectant wipes on all surfaces (phones, counters, handles, bathroom fixtures, toilets, keyboards, etc.).
- If others in your home are not sick, try to stay at least 6 feet away from them (sleep in a separate room if possible) and do not share cups, utensils, towels, or bed sheets.
- Do not visit the elderly or patients with medical conditions.

When you should see your doctor (call ahead to tell them you are coming):

- If you are pregnant, older than 65, have asthma, diabetes, heart disease, cancer, or a weak immune system;
- If your symptoms are getting worse;
- If you are not getting better, even after being sick for a week; and
- If you have trouble breathing, are vomiting and unable to eat, have a severe headache, are confused, or are unable to urinate.
- Call 911 if you feel that you are very sick.