COVID-19: Discharge advice for adult patients with possible or confirmed COVID-19 infection

This leaflet will be provided by the clinical team to adult patients, with possible or confirmed COVID-19, on their discharge from hospital
Discharge advice for adult patients with possible or confirmed COVID-19 infection

If you do not have access to the internet at home, please ask the staff to print this leaflet out for you

What is COVID-19?
COVID-19 is an illness caused by a new type of coronavirus. Symptoms of COVID-19 vary and can range from a mild cold or flu-like symptoms to more serious illness including pneumonia. The majority of people will only have mild symptoms and will fully recover.

Do I have COVID-19?
If you have been tested in an assessment area or when admitted into hospital, make sure you ask the staff for the result before you leave. If the result is not yet available, you should ask the staff how you will be informed of the result. If your symptoms are mild you may not have been tested but it may be assumed you have COVID-19 because this is currently the most common cause of these symptoms. You must assume that you have COVID-19 and follow all the guidance in this leaflet.

Why am I being sent home?
Your clinical assessment has determined that you can complete recovery from your current illness at home. Staff will discuss the safest way to get you home.

When you get home, it is essential that you practice ‘household isolation’. This is to help you recover from your illness and limit the spread of the infection. The following advice on NHS inform (www.nhsinform.scot) explains the measures you must take:

If you have been severely unwell in hospital or have a severe underlying health condition there may be other measures you need to take. Staff will discuss this with you before you leave hospital.

**How do I manage my symptoms at home?**

The following advice sheets on NHS inform will help you manage your symptoms:


**What if I get worse when I get home?**

The majority of people with COVID-19 will gradually get better at home and make a full recovery. Certain groups have been identified as being at higher risk of developing severe illness. This includes people over 70 years of age, pregnant women, those with diabetes, chronic heart or lung conditions, those with weakened immune systems or those receiving treatment for cancer.

If your symptoms get worse at home you should:

- Call NHS 24 on 111 day or night, tell them you have been assessed as having COVID-19 and describe the symptoms, particularly if:
  - breathlessness develops or worsens
  - you have severe thirst and pee less than normal
  - feel light headed or become very weak
  - develop new or severe muscle cramps
  - your symptoms haven’t improved after 7 days
    - If you have a cough, this can last for more than 7 days. As long as your other symptoms have improved you do not need to seek extra help

- In a medical emergency call 999, particularly if:
  - you are short of breath at rest
  - your lips and tongue turn blue
  - your skin is mottled or discoloured

**Will my GP practice or other care provider know that I have COVID-19?**
The hospital or assessment centre will update your GP to let them know that you have been assessed for or have been admitted with COVID-19. You do not need to phone your GP to let them know. You should phone other care providers (such as midwife or home care) and let them know.

**How do I get a sick line for my employer or the Department for Work and Pensions?**

You can send an isolation note to your employer as proof you need to stay off work because of COVID-19. You do not need to get a note from your GP. The following advice sheet on NHS inform contains advice on how to ‘get an isolation note’ to give to your employer:


**How can I help myself get better?**
Following the advice in this leaflet and on NHS inform will ensure you get help when necessary and support your recovery.

End of leaflet
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Further Information

For more information on COVID-19 please see the COVID-19 guidance section of our website, [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)

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