



HOME DISCHARGE INSTRUCTIONS FOR PATIENT CLASSIFIED AS SUSPECTED, PROBABLE AND CONFIRMED FOR COVID-19

WHILE DOING SELF QUARANTINE OR WAITING FOR THE TEST RESULT OF COVID-19, please adhere to the following recommendations:

- Stay in a well-ventilated single room.
- Limit the number of caretakers of the patient, ideally assign one person who is in a good health without risk conditions. No visitors.
- Household members should stay in a different room
- Limit the movement of the patient and minimize shared space. Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (e.g. keep windows open). The caregiver should wear a medical mask fitted tightly to the face when in the same room with the ill person. Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after removal of the mask.
- Perform hand hygiene following all contact with ill persons or their immediate environment. Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. If hands are not visibly soiled, alcohol-based hand rub can be used. Perform hand hygiene using soap and water when hands are visibly soiled. Address safety concerns (e.g. accidental ingestion and fire hazards) before recommending alcohol-based hand rubs for household use.
- When using soap and water, disposable paper towels to dry hands is desirable. If not available, use dedicated cloth towels and replace them when they become wet.
- Respiratory hygiene should be practiced by all, especially ill persons, at all times. Respiratory hygiene refers to covering the mouth and nose during coughing or sneezing using medical masks, cloth masks, tissues or flexed elbow, followed by hand hygiene.
- Discard materials used to cover the mouth or nose or clean them appropriately after use (e.g. wash handkerchiefs using regular soap or detergent and water).
- Avoid direct contact with body fluids, particularly oral or respiratory secretions and stool. Use disposable gloves to provide oral or respiratory care and when handling stool, urine and waste. Perform hand hygiene before and after removing gloves.
- Gloves, tissues, masks and other waste generated by ill persons or in the care of ill persons should be placed in a lined container in the ill person's room before disposal with other household waste.
- Avoid other types of possible exposure to ill persons or contaminated items in their immediate environment (e.g. avoid sharing toothbrushes, cigarettes, eating utensils, dishes, drinks, towels, washcloths or bed linen). Eating utensils and dishes should be cleaned with either soap or detergent and water after use and may be re-used instead of being discarded.
- Clean and disinfect frequently touched surfaces such as bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).
- Clean and disinfect bathroom and toilet surfaces at least once daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).
- Clean clothes, bedclothes, bath and hand towels, etc. of ill persons using regular laundry soap and water or machine wash at 60–90 °C with common household detergent, and dry thoroughly. Place contaminated linen into a laundry bag. Do not shake soiled laundry and avoid direct contact of the skin and clothes with the contaminated materials.
- Use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning or handling surfaces, clothing or linen soiled with body fluids. Perform hand hygiene before and after removing gloves.
- Persons with symptoms should remain at home until their symptoms are resolved based either clinical and/or laboratory findings. Results of nCov testing will be relayed to you by Asian Hospital and Medical Center.
- All household members should be considered contacts and their health should be monitored as described below.
- If a household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficult breathing, household member should consult the emergency room immediately.
- In view of the human-to-human transmission of COVID-19, persons (including health care workers) who may have been exposed to individuals with suspected COVID-19 infection should be advised to monitor their health for 14 days from the last day of possible contact and seek immediate medical attention if they develop any symptoms, particularly fever, respiratory symptoms such as coughing or shortness of breath.

*Reference: Home care for patients with COVID-19 presenting with mild symptoms and management of contacts:
Interim guidance, World Health Organization (WHO), 17 March 2020*



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FAQs

Ensure that you have provided your **CORRECT mobile number and email address** during your registration and in the Case Investigation Form (CIF) for your test results.

HOSPITAL TESTING

1. **Q:** If I get swabbed in AHMC ER and was discharged, when will be my next swab?

A: If your first swab result turns out positive for COVID-19, a repeat swab is advised after 14 days from the date of your first swab. A 3rd swab needs to be done after 48 hours from the date of your second swab. *See example below.*

Day 1 – 1st swab

Day 14 – 2nd swab

Day 16 (after 48 hours) – 3rd swab

For any inquiry, you may contact your City Health Office (CHO) representative.

2. **Q:** Where will I be reswabbed if needed?

A: Coordinate with your CHO representative about this. Or you may avail of the instructions for management and treatment via AHMC eConsult at <https://ahmc-onlineservices.hoppriab.com/>. You may also be called upon to undergo further testing given the initial results

COMMUNITY TESTING

1. **Q:** If I choose to be reswabbed in the community, who will I call?

A: You may call your CHO representative or DOH Telemedicine hotline.

* For **Confirmed cases, signs and symptom that may opt for admission**. If the signs and symptoms experienced worsens and/or there is difficulty of breathing/shortness of breath.

You may call these CoViD Hotline numbers:

Pasay COVID hotline: 09567786524 / 09089937024 / 09776907378 / 09616282934

Paranaque COVID hotline: 8820-7783 / 09610966249 / 09563940176

Las Pinas COVID hotline: 8994-5782 / 82906500 / 09776726211 / 09496246824

Muntinlupa COVID hotline: 09772405218 / 09772405217

DOH-Regional EOC: 09167313113 / 09087628858

FAQs on QUARANTINE PROCEDURES:

1. **Q:** What do I need to know when doing self-quarantine?

A: Inform your City Health Office (CHO) during the start of your quarantine. Fill out the **Self Monitoring Form** daily as instructed during your entire 14-day quarantine. After completing your 14-day quarantine, present to the CHO your self monitoring form and your negative test result (if applicable) to get a clearance. Coordinate with your CHO contact person for other procedures.

FAQs on TEST RESULTS:

HOSPITAL TESTING

1. **Q:** If I was swabbed in AHMC, how can I know my test result?

A: The test result will be sent through email. Ensure that you have provided your **CORRECT email address during your registration or in the Case Investigation Form.**

2. **Q:** How can I get my test result?

A: Your test result will be sent through your email. You can follow up your test result by sending an email to info@asianhospital.com



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3. Q: What if I turn out positive? What will I do?

A: A representative from City Health Office (CHO) may call you to assist you with all your needs. Stay at home and strictly observe self quarantine. If you prefer to be isolated in a separate quarantine facility, aside from your home, inform your CHO representative.

You may be advised by your CHO Or your Doctor to undergo repeat swab after 14 days from the time of your first swab. A 3rd swab may be advised after 48 hours from the day of your second swab. Two negative test results are needed for you to be cleared. Clearance may also depend on the status of your signs and symptoms. *See example below.*

Day 1 – 1st swab **(positive)**

Day 14 – 2nd swab **(negative)**

Day 16 (after 48 hours) – 3rd swab **(negative)**

For any variation in the test result, you may contact your CHO representative about this.

4. Q: What if I turn out negative? What will I do?

A: You still need to complete your 14 days self quarantine and signs and symptoms monitoring. Your test result will be sent through your email. For follow up of your COVID-19 test result, you may send an email to info@asianhospital.com

5. Q: If I haven't received my test result after 3 days, where do I follow up?

A: You may send an email to info@asianhospital.com

FAQs on CLEARANCE:

1. Q: Where can I get my clearance if I am negative and has completed my 14 days quarantine?

A: Ensure that you have informed your CHO during the first day of your self quarantine. Go to the nearest CHO and submit the following:

- a) Self Monitoring Form
- b) COVID-19 Test Results

CALL FIRST your CHO before proceeding to the center. Asian Hospital and Medical Center is not a clearance provider.

FAQs on SIGNS AND SYMPTOMS:

1. If I get discharged while waiting for my test result or if I am positive and was put on home quarantine, what signs and symptoms I need to watch out for that would prompt immediate consultation? Who will I call?

- *Faster/heavier breathing
- *Out of breath
- *Faster heart beat
- *Chest pain/chest tightness/chest heaviness
- *Feeling very weak
- *Lethargic/ hard to wake up
- *Tired looking
- *Develops diarrhea and unable to eat or drink
- *High grade fever
- *Chills

For emergency health concerns only, please contact:

Emergency Department at **8-771-9000**

local number: 8196 or 5809 or 5755

(Saturday and Sunday, Monday to Friday **5PM to 8AM**)

Received By:

Instructed by:

Name and signature of Patient

Name and signature of nurse/doctor

Date: _____

Date: _____