\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s Care Guide

I came to hospital on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and left \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I came in because I have **COVID-19 or symptoms of COVID-19**



My medications, their purpose and possible side effects, have been explained to me



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| --- | --- | --- |
| **STATUS** | **HOW I’M FEELING** | **WHAT TO DO** |
| Expected  | I may still have symptoms such as: * fever (over 38ºC or 100.4ºF)
* dry cough
* sore throat
* muscle aches
* headache
* feeling tired
* loss of smell and/or taste
* - nausea, diarrhea, and reduced appetite
 | I should manage symptoms at home: * take medicine as instructed by my health care team including acetaminophen (i.e. Tylenol) for fever and throat lozenges for cough
* maintain good water intake throughout the day, watching for dehydration (dry mouth and decreased urination)
* rest, but take short walks in my home, change positions, and move around
* quit or reduce smoking, vaping, alcohol, and recreational drug use to lower risk of developing severe symptoms
 |
| Worrisome  | I should watch for these symptoms . . . * my fever is still over 38ºC (100.4 º F) even when I take medication
* my breathing is getting worse (it is harder to catch my breath)
* my cough is getting worse or I am coughing up mucus that is green, yellow, bloody, or smells bad
* I have persistent fatigue or inability to perform daily tasks due to fatigue
* I have sadness or anxiety that is persistent or affecting ability to perform day by day tasks
* I have decreased urination and thirst
 | I should: * call my primary healthcare provider to set up a virtual appointment on the same day or the next day
* continue to closely monitor and manage my symptoms

If I do not have a family doctor, call Telehealth Ontario at 1-866-797-000  |
| Emergency  | I have . . . * trouble breathing during simple tasks like walking across a room or talking
* chest pain with breathing or chest pain that does not go away
* blue lips or nails
* feel very drowsy, weak, or dizzy
* confusion
* - leg swelling or redness in one leg
 | I should . . . * call 911 or go to my nearest emergency department.
* wear a mask for my journey to the hospital
* tell the 911 operator or triage nurse at the hospital that I have been tested for COVID-19

I should not …* take public transit or drive myself to the hospital.
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| **ACTIVITY** | **WHAT TO DO** |
| Leaving hospital | I should have 1 family member or caregiver pick me up from the hospital in a car. On the way home, I should wear a mask, avoid touching car surfaces and sit alone in the backseat with the windows open. The driver does not need to wear a mask.I should not take public transit. However, if I cannot get a ride and need to use a taxi, I should write down the name of the company and license plate of the car. |
| Self-isolation | I have a handout providing more details on how and when to self-isolate that I should follow. |
| Handwashing | I should frequently wash my hands, for at least 20 seconds with soap and water.I should use hand sanitizer when soap and water is not available. I should cover coughs and sneezes in my elbow, upper sleeve, or tissue. I should dispose of tissues in a plastic lined garbage can. I should wash my hands before tying up the garbage and throwing it out. I should try to avoid touching my face.  |
| Monitoring symptoms | I may find it helpful to monitor and record my symptoms. I can use a thermometer to measure my temperature and a pulse oximeter to measure my oxygen saturation for signs of difficulty breathing. |
| Physical Activity | I may need extra rest and to limit physical activity during this time. I should balance activity and rest. I can walk around in my home and do other activities for short amounts of time as tolerated. I should change positions.Breathing exercises may be helpful for me. I have been given a handout with breathing exercises that I can do. |
| Feeling worried or sad | I may feel worried or sad and stressed. I should take care of my mental health and reach out if I need help. I will reach out to others virtually or over the phone, like my family physician, a trusted friend, loved one, and colleague or crisis line. |
| Taking medications | I should take any new and prior medications I have been prescribed as reviewed at discharge from hospital If I am taking acetaminophen (e.g. Tylenol) for fever, I should note that it comes in different strengths, most common are Regular (325mg) and Extra-strength (500mg). I should not go over the daily recommended dose (4 grams per day).I should record which medications I take and when. |
| Getting food and medications | I should have the pharmacy deliver medications and explore delivery options for groceries. If delivery is not possible, I should have 1 other person pick these up. |
| Smoking  | Quitting smoking (including vaping and e-cigarettes) will improve my breathing and overall health. If I want to quit, I should talk to my doctor or pharmacist.  |





Go see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Booked



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| Topic | Organization/Person | Contact Information |
| Questions on managing my symptoms | Call your family doctor for a phone or virtual appointmentIf you do not have a family doctor, you can call Telehealth Ontario or other virtual clinics | Telehealth Ontario: 1-866-797-000 Other options for virtual clinics include: [www.dialadoc.ca](http://www.dialadoc.ca) or [www.cover.health.ca](http://www.cover.health.ca) |
| Questions about COVID-19 and self-isolation | Toronto Public Health Hotline8:30 a.m. – 8 p.m. has translation available in multiple languages. | Telephone: 416-338-7600TTY: 416-392-0658Email: PublicHealth@toronto.ca |
| More information about COVID-19 | COVID-19 Health Literacy Project for validated resources in many languages | <https://covid19healthliteracyproject.com/> |
| Help getting community supports for your daily needs | 211 for connection to many community resources available in many languages |  Dial 211 or go to <https://211ontario.ca> |
| Financial Supports | Labour Community Services keeps an up-to-date list for Toronto and York Region | <https://www.labourcouncil.ca/covid-19> |
| Help quitting smoking  | Clinics and Services  | St. Joseph’s Health Care Centre Stop Smoking Clinic:Tel: 416-530-6486 ext. 3669CAMH Nicotine Dependence Clinic: Tel: 416-535-8501 ext. 77400Smoker’s Helpline:Tel: 1-877-513-5333Website: www.smokershelpline.ca |
| Mental Health Crisis Support | Gerstein Crisis Centre  | (416) 604-2337 |
| Masks | Instructions on wearing and taking off masksInstructions for making homemade masks | I have been given a handout describing how to wear and take off a mask<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf> |

