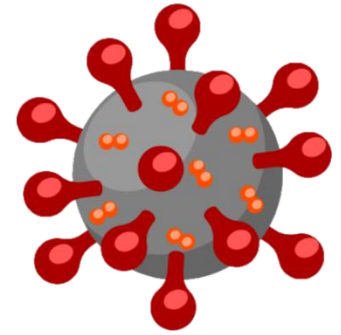


# COVID-19 Discharge Instructions



After being ill with COVID-19 it is normal to have questions:

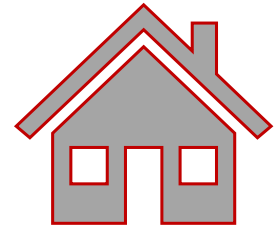
- How do I care for myself, or my family member, at home?
- What do I do if my COVID-19 symptoms don't get better?
- How do I get help if it isn't an emergency?

This information package will answer some common questions after a person has been ill with COVID-19. Speak with your healthcare provider about specific questions or concerns you have about your discharge from hospital.

## Going home

COVID-19 handouts are available on the Government of Manitoba website: <https://www.gov.mb.ca/covid19/updates/resources.html>.

Talk to your healthcare provider if you have specific questions about your recovery.



Available handouts:

- [Government of Manitoba - COVID-19 Coronavirus disease](#)
- [Government of Manitoba - COVID-19 Rapid Antigen tests](#)
- [Government of Manitoba - How to care for a person with COVID-19 at home \(English\)](#)
- [Government of Manitoba - How to care for a person with COVID-19 at home \(French\)](#)

Where can I get help if I am:

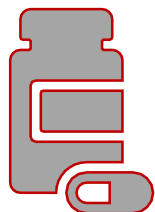
- not able to return to work
- struggling with emotions or have significant worries about my health
- looking for strategies to manage ongoing symptoms

Self-management resources are available at <https://sharedhealthmb.ca/patient-care/long-covid/>

## Medications

If you require medications at home you will receive a discharge medication prescription called a “Med Rec” before leaving the hospital. This form will list the medications you received while in hospital and will indicate which medications and dosages you should continue taking when you are home. This Med Rec acts as a prescription and can be faxed to your pharmacy on your behalf or taken to your pharmacy in person to have any needed prescriptions filled.

- Do you have questions about the medications you have been prescribed?
- Are there any new medication or changes to your previous medications?
- Do you already have a supply of necessary medication at home?
- How will you get your prescription (Med Rec) filled?



**If you have been told to isolate you cannot go into the pharmacy to pick up your medications. If you do not have any family or friends who are able to assist you, talk to your pharmacy about delivery options. Often you are required to pay for delivery services.**

## Follow up

You may want to ask your healthcare provider about any restrictions at home or follow up care.



## COVID-19 Isolation and Testing

- Am I still contagious?
- Do I need to follow public health guidelines now that I’ve had COVID-19?
- Do I need be re-tested for COVID-19?
- Do people living in my household need to be tested for COVID-19 or isolate?

For up to date information on isolation visit [Government of Manitoba – What is isolation and when to do it?](#)

## Follow up appointment

- When should I follow up with my primary care provider?
- Are there any tests or appointments I need outside the hospital?
- How do I know if I need to go to the Emergency Department or Urgent Care?

## Home Supports and/or Equipment

- Do I need home care or other community supports?
  - Have these already been set up?
- What kind of care is Home Care providing?
  - When will it start?
- Do I need any special equipment at home (i.e., oxygen, grab bars, assistive devices)?
- Where do I get these?
  - Do these need to be in place before I can go home?

## Your right care

If your symptoms of COVID-19 get worse, seek medical help as soon as possible.  
Tell the healthcare provider you were recently in the hospital with COVID-19.

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### Primary Care Provider

- Your family doctor or primary care clinic is your medical home where most of your health issues can, and should, be addressed. You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.
  - If you feel your health concern requires more urgent attention consider calling Health Links / Info Santé.
- 



### Health Links / Info Santé

- If you have a health concern or you're not sure where to go for help, call **204-788-8200** or **1-888-315-9257** to talk to a registered nurse. Health Links / Info Santé is a free telephone advice and health information service across Manitoba. Health Links / Info Santé is available 24 hours a day, 7 days a week, 365 days a year.
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### Urgent Care or Emergency Department

- Some communities have Urgent Care services you can go to without an appointment for **unexpected but not life-threatening** health concerns that need same-day treatment.
  - Emergency departments help you with **emergency** health needs 24 hours a day such as major trauma, cardiac events, serious injuries, and general medical problems that aren't responding to current management.
  - Call 911 if you are seriously ill and need medical help as soon as possible. Tell Dispatch you recently were in the hospital with COVID-19. These symptoms are a medical emergency:
    - Severe trouble breathing or severe chest pain.
    - New, sudden confusion or not able to think clearly.
    - Loss of consciousness (pass out).
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