

Patient Information COVID-19 - Discharge

To Patients and Relatives

Dear Patient

The patient information is for you if you are discharged with confirmed Covid-19 (Corona virus).

To minimize the risk of the spread of infection, as a patient, you are requested to comply with the following precautions which are based on the Health Authority's guidelines:

- Go straight home and stay in home-isolation until you are considered non-infectious (See the infection-free rules below).
- Avoid close contact with others. Get help from others if needed, for example with shopping.
- Stay away from vulnerable people such as the elderly, infants and chronically ill.
- Keep a distance from other members of your household. Stay in separate rooms.
- Maintain good hand hygiene.
- Frequently clean the rooms which you share with others in the household. If you can, do the cleaning yourself to avoid the spread of infection. Use ordinary cleaning products and be more thorough in places that are often touched, for example handles, electrical switches or tables. Towels, bed sheets and underwear should be washed at minimum 80 degrees. The rest of the clothes should be washed if possible at minimum 60 degrees.
- Ventilate your home at least twice a day for at least 10 min.
- Follow the general advice of the Health Authority (<https://www.sst.dk/corona>)

Inform close contacts about the risk of infection

If infected with Covid-19, you should inform your close relatives and persons you have been in close contact with, so that they can be aware of eventual symptoms up to and including 14 days after the contact. Close contacts are people you have been with during the period from the start of your symptoms and until 48 hours after your symptoms cease.

If you live in a nursing home, an institution for special needs, or any other kind of institution, or visited by the home care staff, we will contact them at the time of your discharge. Any other persons you need to contact yourself, so they can take their precautions when visiting you at home.

Worsening symptoms

You should pay special attention to whether you get an increasing cough, fever and breathing difficulties, which can be signs of more severe COVID-19. If your symptoms worsen, contact the department.

When are you non-infectious?

You are considered non-infectious 48 hours after the end of symptoms. If in doubt, better stay at home an extra day than a day too short.