



مدينة الملك فهد الطبية
King Fahad Medical City



Coronavirus (COVID-19) Discharge Instructions

You should wear a mask when leaving the hospital until you get home

When do you need to seek medical advice?

Call 937 if your breathing is getting worse (harder or faster than before or you feel like you are getting less air)

If you begin to feel worse at any time during your illness, please call 937, who will tell you where to go to be seen

If you can, wear a facemask before leaving your home or before you arrive the clinic or hospital

Get medical attention right away, if you experience emergency **warning signs of COVID-19 such as difficult breathing, chest pain or pressure that does not go away, distress or inability to wake up, bluish lips or face**

Precautions at home:

When you cough or sneeze, the virus is readily transmitted by small droplets.

To avoid the disease from spreading to people in your home and community, you should take these steps.

1. Self-isolate at home

Stay home unless you need to go to a medical care center

- Do not go to work, school, or public places, except for medical attention
- Do not use public transportation (such as buses or taxis).
- Contact the office if you have a medical appointment and inform them that you have COVID-19.



Isolate yourself from other people and animals in your home

- **Do not touch people, including handshaking.**
- **As possible, stay in a separated room and away from other persons in your home.**
- **You have to also use a separate toilet, if available.**
- **Do not share personal household stuffs.**
- **Do not share cups, dishes, eating tools, towels, toothpaste, or bedding with other family or pets in your house.**
- **After using these items, wash them well with soap and water.**
- **Do not handle pets or other animals while sick.**

2. Clean and disinfect

Clean frequent-touch surfaces every day

Wash clothing:

- Remove and wash clothes or bedding that contains blood, stool, or body liquids on them and afterward wash your hands immediately.

3. Stop the spread of infection

Clean your hands:

- Use soap and water (at least for 20 seconds) to wash your hands.

OR

- Use alcohol sanitizer that includes at least 60% alcohol, and rub your hands together until they become dry.

- You have to wash your hands before eating or cooking and after cleaning your nose, coughing, sneezing, and using the bathroom.
- Do not touch your nose, mouth and eyes without cleaning your hands.

Cover your nose and mouth when you coughs or sneezes

Wear a facemask:

- You have to wear a mask when you are sharing a room or car with others or pets and before you visit gathering places or a medical services supplier's facility.

4. Inform your close contacts that they should:

- Isolate themselves for 14 days AFTER your self-isolation period ends.
- Check the symptoms (fever, cough, breath shortness) twice a day, and call 937 if they have any of COVID-19 symptoms.

- Clean hands frequently and avoid touching eyes, nose, and mouth with uncleaned hands.
- Wear a mask if they will share the same room with you if you cannot wear one.

When can I stop precautions at home?

Your doctor will tell you when to stop isolation.





Reduce stress and anxiety

- Being sick can be upsetting or cause anxiety. Remember that everybody responds differently to stressful circumstances.
- Being sick with COVID-19 may be particularly stressful as it is a new disease and there is a lot of rumors and news. Stay away from social media news and obtain the information from reliable resource.
- People with prior states of mental conditions should proceed with their treatment plan and monitor any new or worsening symptoms.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Health promotion department



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