



## Discharge Instructions for Persons with Pending COVID-19 Test Results or Who Have Mild Symptoms and Do Not Require Hospitalization

### Michigan.gov/Coronavirus

Your healthcare professional has determined you should return home to recover from COVID-19. Below is information for how you should manage your condition at home.

#### Managing COVID-19 at home:

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - ***If you will not have a test*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
    - at least 7 days have passed since your symptoms first appeared
  - ***If you will be tested*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use of medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND  
you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).
- If you must go out, wear a mask if you can tolerate it. Do not use any kind of public transportation, ridesharing, or taxis.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

### **While recovering at home:**

- Ensure you have appropriate caregivers available at home.
- Stay in a separate bedroom (if possible) where you can recover without sharing immediate space with others.
- Ensure you and other household members have access to appropriate, recommended personal protective equipment (at a minimum, gloves and facemask) and are capable of adhering to precautions recommended as part of home care or isolation (e.g., respiratory hygiene and cough etiquette, hand hygiene).
- Ensure you have access to food and other necessities.
- Get rest and stay hydrated.
- Cover your cough and sneezes.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
- Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- If there are household members who may be at increased risk of complications from COVID-19 infection (e.g., older people and people with severe chronic health conditions, such as heart disease, lung disease, and diabetes) consider if there are other places they could go while you recover.