



Coronavirus (COVID-19) Discharge from the COVID Assessment Unit

Advice when awaiting the result of your COVID-19 Swab

You are being given this advice, because you have been discharged from the COVID Assessment Unit and are awaiting the results of your COVID-19 swab.

Whilst waiting for your results you must self-isolate

You will be contacted **by telephone** by a member of Great Western Hospital staff, as soon as your results are available (usually within 48 hours).

At this point you are considered well enough to manage your symptoms at home.

If required, you will have been prescribed medication if required. If you did not require any prescribed medication then you should be able to manage your symptoms yourself.

Please ensure that you stay hydrated and take Paracetamol if you have a temperature. To aid your recovery, try to avoid spending long periods of time lying flat in bed, try sitting up or in a chair, or moving around at home.

You and your household contacts must follow the advice below until your results are known:

- Remain at home.
- Do not go to work, school, or public areas, and do not use public transport or taxis.
- Nobody should go out even to buy food or other essentials, and any exercise must be taken within your home.
- If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family.
- Alternatively, you can order your shopping online. Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.
- Medication can be reordered by telephone or online



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Self-isolation; if you have a positive result

- You need to self-isolate for ten days from the onset of your symptoms.
- If you live with others they need to isolate for 14 days from the onset of your illness.
- If anyone else in the household starts displaying symptoms, they need to stay at home for 10 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

Reducing the spread of infection

- It is important to reduce the spread of infection to others in your household as much as possible.
- Separate yourself from other people in your home if this is possible.
- You should stay in a well-ventilated room with a window to the outside that can be opened to get plenty of fresh air; take care to not get too cold as the temperatures drop.
- Keep the door to your room closed.

Bathroom facilities

- If at all possible, use a separate bathroom from the rest of the household.
- If a separate bathroom is not available, consider drawing up a bathroom rota for washing or bathing.
- You should use the facilities last, before thoroughly cleaning the bathroom.
- You should use separate towels from other household members, both for drying yourself after bathing or showering and for hand hygiene purposes.
- If you have to share these facilities, cleaning will be required after you have used them with a standard household bathroom cleaner.

Kitchen use

- You should avoid using shared spaces such as kitchens whilst others are present. Take your meals back to your room to eat.
- Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

More information can be found at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



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If you are struggling to manage your symptoms at home, or your condition gets worse please contact NHS direct on 119.

For a medical emergency, dial 999 immediately

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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