

## COVID-19 Discharge Checklist

لعربيةة اةغللاب ابعأاً منوفر

Also available in Arabic: (AR85-2257)

Aussi disponible en français :

COVID-19 – Liste de vérification pour le congé (FF85-2254)



# COVID-19 Discharge Checklist

This list will help you manage your health when you leave the hospital.

Name: \_\_\_\_\_

I came to: \_\_\_\_\_ Hospital  
on: \_\_\_\_\_ and left on: \_\_\_\_\_.

Unit: \_\_\_\_\_

Phone: \_\_\_\_\_

Public Health will contact you with your isolation date.

I need to self-isolate until: \_\_\_\_\_.

My primary health care provider is: \_\_\_\_\_.

Phone: \_\_\_\_\_

Name of primary health care provider's clinic: \_\_\_\_\_

\_\_\_\_\_

I have a Continuing Care (Home Care) referral:

Yes

No

Phone: \_\_\_\_\_

My emergency contact is: \_\_\_\_\_.

Phone: \_\_\_\_\_

Other important contacts:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Discharge conversation

Have a family member, caregiver, or friend take part in your discharge conversation by phone or video chat (such as FaceTime or Zoom). If you need help setting this up, please ask a member of your health care team.

If this is not possible, take notes during the conversation or ask someone to take notes for you.

## Medications

- I have my medication schedule and know when to safely take my medication(s) when I go home.
- I know about any changes made to my medication(s) when I was in the hospital.
- I know what medication(s) I can safely take to help with pain when I go home.
- I have my prescription(s) to be filled when I go home, if needed.
- I know who to contact if I need support paying for my medication(s).
- I have a plan for how I will get my medication(s) from my pharmacy.

**Important:** If you have been told to self-isolate, you cannot go into a pharmacy. You will need to have your prescription delivered or picked up. There may be a fee for this service.

## Follow-up appointments

Health care provider: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## For more information on recovery:

Take a photo of the QR code using your smart phone or visit:

- › [www.MyCOVIDRecoveryNS.ca](http://www.MyCOVIDRecoveryNS.ca)



## My COVID Recovery: 3 Month Post-COVID Symptoms Survey

The purpose of this survey is to learn more about your recovery at least 3 months after your COVID-19 infection. We will use the information you share in the survey to help connect you to supports to manage your symptoms.

To complete the survey, take a photo of the QR code using your smart phone or visit:

- › <https://quality-improvement.nshealth.ca/surveys/?s=3CPJKFAPLP>



## Where can I get more information?

### COVID-19

Nova Scotia Health information for people who have symptoms or have tested positive for COVID-19

- › <https://www.nshealth.ca/testedpositiveforcovid>

Nova Scotia Health COVID-19 recovery information

- › [www.MyCOVIDRecoveryNS.ca](http://www.MyCOVIDRecoveryNS.ca)

Nova Scotia Health COVID-19 information

- › [www.nshealth.ca/coronavirus](http://www.nshealth.ca/coronavirus)

Nova Scotia COVID-19 information

- › <https://novascotia.ca/coronavirus>

Government of Canada COVID-19 information

- › [www.canada.ca/covid19](http://www.canada.ca/covid19)

## Where can I get help?

### Mental Health and Addictions

Nova Scotia Mental Health and Addictions

- › Phone (toll-free): 1-855-922-1122
- › <https://mha.nshealth.ca>

Provincial Mental Health and Addictions Crisis Line

- › Phone (toll-free): 1-888-429-8167

## **Financial Programs and Services**

Government of Canada COVID-19 Benefits

- › [www.canada.ca/en/services/benefits/covid19-emergency-benefits](http://www.canada.ca/en/services/benefits/covid19-emergency-benefits)

Government of Nova Scotia Financial Help and Social Supports

- › <https://novascotia.ca/coronavirus/support>

## **Other helpful resources**

Transition House Association of Nova Scotia for women and children experiencing violence and abuse

- › Phone (toll-free): 1-855-225-0220
- › <https://thans.ca>

Department of Community Services Intake Line (to apply for Income Assistance or the Disability Support Program)

- › Phone (toll-free): 1-877-424-1177

PrideHealth – works with members of the 2SLGBTQIA+ community to connect with services within the health system and in the community

- › Phone: (902) 487-0470
- › [www.nshealth.ca/content/pridehealth](http://www.nshealth.ca/content/pridehealth)

MyGrief.ca – an online resource to help people work through their grief from the comfort of their own home, at their own pace. Includes links to community resources

- › [www.mygrief.ca](http://www.mygrief.ca)

## **Health and Wellness Programs**

Primary Health Care is offering a variety of free online wellness programs for adults of all ages on healthy eating, physical activity, mental wellness, parenting, and lowering your health risks. Wellness sessions are led by health professionals and are offered using Zoom for Healthcare. Anyone with a valid Nova Scotia health card can participate in these online sessions. To learn more and to register, visit:

- › [www.HealthyNovaScotia.ca](http://www.HealthyNovaScotia.ca)

Nova Scotia Health Patient Guide – Healthy Living, Wellness & Chronic Disease Management

- › <https://library.nshealth.ca/HealthyLiving/Home>

## **Outpatient physiotherapy**

Physiotherapy helps you improve or restore your mobility or function. In Nova Scotia, outpatient physiotherapy is paid for by the provincial health care system and available at your local hospital. You do not need a referral. There is often a waitlist for this service.

### **For more information, visit:**

- › [www.nshealth.ca/service-details/physiotherapy](http://www.nshealth.ca/service-details/physiotherapy)

You can also get private physiotherapy by calling your local physiotherapy clinic. You can find a clinic online or by calling 211. You do not need a referral. You must pay for this service. If you have private health insurance, check if it covers physiotherapy.

## **Outpatient occupational therapy**

Occupational therapy helps you improve your ability to do the things that are important to you. This includes daily activities like self-care (getting dressed, bathing, making meals, moving around the house), being productive (going to work or school, parenting, taking part in the community), and leisure.

In Nova Scotia, outpatient occupational therapy is paid for by the provincial health care system. You can get outpatient therapy at Nova Scotia Health sites. You do not need a referral.

### **For more information, visit:**

- › <http://www.nshealth.ca/service-details/Occupational%20Therapy>

You can also get occupational therapy at a private practice clinic. You can find a clinic online or by calling 211. You do not need a referral. You must pay for this service. If you have private health insurance, check if it covers occupational therapy.

## **Questions and concerns**

You may have questions for your health care team before leaving the hospital. For example:

- Do I know how to safely self-isolate when I go home, including how to self-isolate away from others living in my home? For more information, visit:
  - › <https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate>
- Do I know what I can and cannot do while I am self-isolating?
- Do I need to be re-tested for COVID-19 after I get home?

- Do members of my household need to self-isolate or be tested for COVID-19?
- Do I need Continuing Care (Home Care) services and supports?
  - › Has a referral been sent by my health care provider? When can I expect a call?
  - › Who should I contact if I have questions about Continuing Care (Home Care)?
- If I am discharged over the weekend, who do I call if services are not available until the next weekday?
- Does my primary health care provider know I was in the hospital for COVID-19?
- When should I follow up with my primary health care provider?
- What can I do if I have problems with attention, memory, and thinking clearly?
- Do I have a Personal Directive or Green Sleeve to take home?
  - › *Let's Talk About Personal Directives:*  
[www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1385.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1385.pdf)
  - › *The Nova Scotia Green Sleeve: Information For Patients, Families and Substitute Decision Makers:*  
[www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1833.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1833.pdf)
- Will I need special equipment or supplies? How do I get these?
- What if I am not able to return to work and need help meeting my basic needs?
- What if I am struggling with my feelings or worried about how I am doing?

If you do not have a primary health care provider:

**Need a Family Practice Registry**

- › <https://needafamilypractice.nshealth.ca>
- › Phone: 811 to talk with a Registered Nurse

## What if my symptoms get worse?

### Call 911 if you:

- › Have trouble breathing that is new or gets worse
- › Have chest pain that is new or gets worse
- › Are confused or cannot think clearly
- › Lose consciousness

**Be sure to tell your health care team you were in the hospital recently for COVID-19.**

### Call your primary health care provider if:

- › Your symptoms do not get better within 7 to 14 days (1 to 2 weeks).
- › You start getting better and then get worse (such as having more shortness of breath).
- › You think your medication(s) is not working or you are having side effects.
- › You have signs of dehydration (not having enough fluids), such as passing only a small amount of urine (pee), a very dry mouth, or feeling light-headed.

**Be sure to tell your primary health care provider you were in the hospital recently for COVID-19.**

#### Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.