



## DISCHARGE PROTOCOL FOR PERSONS WHO HAVE BEEN IN COVID-19 ISOLATION FACILITIES

### PLAN FOR DISCHARGE

1. Patient discharge is planned for **DAY 3** of being **ABSOLUTELY asymptomatic**, when they should be sent to the appropriate Transition Isolation Facility. (Transfer occurs on Day 3 of No Symptoms).

### TESTING

2. The patient is swabbed and tested on **DAY 4** of after being asymptomatic.
  - a. If a negative result is obtained, the swabbing is repeated after 48 hours. If the 2<sup>nd</sup> negative result is obtained at this time the patient is discharged for home.
  - b. If a positive result is obtained, the testing is repeated **every 4 days** until a negative result is obtained. The swab is repeated after 48 hours to confirm this negative result. **The patient is discharged when there are 2 consecutive negative tests.**

### IPC within 14 days

3. In the 14 days after discharge, the discharged persons:
  - a. Must wear surgical mask for 14 days
  - b. Must limit unnecessary contact with persons and maintain the IPC measures to mitigate standard and contact transmission

### 7-day Follow up

4. There should be at least a wellness call on **Day 7** after discharge by the health department to ascertain the person's clinical status and that he/she is adhering to the IPC advice, of wearing a mask and of social distancing which had been previously recommended. The status of the mental health of the individual should be determined also.

### 14-day Follow up

5. There should be a clinical visit on **Day 14** after discharge to do clinical checks including: **routine SOAP**, vital signs and pulse oximetry, and possibly for 12 lead ECG. Again Mental health check should also be done at this time.

**Please note there should be a blood sample drawn:**

- **10 mls of blood in a red top tube: labelled CONFIRMED COVID POSITIVE 14 day Follow up.**
- **The test request for COVID Serology, send to the National Public Health Lab (NPHL), attention Dr Goffe.**

### Health Alert Card

6. Medical Alert Card should be issued at the time of discharge urging patients to call the **Parish Health Department** (with attached numbers) in the event of COVID related symptoms including: fever, cough, shortness of breath, chest pain, wheezing, palpitations or otherwise.



## References:

1. World Health Organization. Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19). 16-24 February 2020
2. Centre for Disease Control and Prevention. Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings (Interim Guidance). 2020  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html> Accessed on 7 April 2020
3. European Centre for Disease Prevention and Control Technical Report. Novel coronavirus (SARS-CoV-2): Discharge criteria for confirmed COVID-19 cases – When is it safe to discharge COVID-19 cases from the hospital or end home isolation? 2020
4. Diagnosis and Treatment Protocol for COVID-19 (Trial Version 7) issued by the General Office of the National Health Commission and the Office of the National Administration of Traditional Chinese Medicine)