

COVID-19出院说明

COVID-19 Discharge Instructions

You are being discharged from the hospital with a positive COVID-19 test. Follow these instructions to know how to keep yourself and others safe as you recover.

About COVID-19

Coronaviruses often cause mild diseases, such as the common cold. This new virus, SARS-CoV-2, causes a respiratory illness called Coronavirus Disease 2019 or COVID-19. Most people with COVID-19 have mild or moderate illness, and don't require a hospital stay.

COVID-19 spreads easily between people who are in close contact. Often the virus is spread by coughs or sneezes or by touching surfaces that have the virus on it.

Your care at home

Get plenty of rest and sleep. You may feel weak and tired for a while, but your energy level will improve with time.



Drink fluids to keep your urine light yellow or clear. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.



出院时您的COVID-19检测需呈阳性。请阅读以下说明，了解如何在康复过程中保护自己和他人的安全。

关于COVID-19

冠状病毒通常会引起症状轻微的疾病，例如普通感冒。但这种新的病毒，即SARS-CoV-2，会引起一种称为2019新型冠状病毒或COVID-19的呼吸道疾病。大多数COVID-19患者的病情仅为轻度或中度，无需住院。

COVID-19易于在密切接触人群中传播。病毒通常的传播方式为：咳嗽、打喷嚏或接触带病毒的表面。

您的家庭护理

充分休息，保持充足睡眠。您可能会在一段时间内感到虚弱和疲倦，但随着时间的流逝，您的体力会逐渐恢复。

多补充液体，保持尿液呈淡黄色或清澈。选择白水和其他不含咖啡因的透明液体，直到感觉好转。如果您因患有肾脏、心脏或肝脏疾病而必须限制饮水量，请在增加饮水量之前咨询医生。



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Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine. Take acetaminophen (Tylenol) as directed to control fevers and to help ease body aches.



完全按照规定服药。如果您认为自己的药物有问题，请致电医生。服用对乙酰氨基酚（扑热息痛），控制发烧并帮助缓解身体疼痛。

Take care of your cough so you can rest. A cough that brings up mucus from your lungs is common. It's one way your body gets rid of the infection. If your coughing keeps you from resting or causes chest pain, call your doctor. He or she may suggest a medicine to reduce the cough.



小心对待您的咳嗽问题，确保您可以获得休息。咳嗽会引起肺部粘液增多。您的身体就是通过这种方式击退感染。如果咳嗽导致您无法休息或引起胸痛，请致电医生。医生可能会建议您服用缓解咳嗽的药物。

Don't smoke, vape or allow others to smoke or vape around you. If you need help quitting, talk to your doctor about programs and medicines to help you quit. These can increase your chances of quitting for good.



请勿吸烟或电子烟；也请其他人不要在您周围吸烟或电子烟。如果您需要戒烟帮助，请咨询您的医生，获取有助于戒烟的建议和药物。这会帮助您实现永久戒烟。

Get up and move. Frequent movement during the day keeps blood flowing in your legs and reduces risk for blood clots.



起床并活动。白天频繁运动可保持血液在双腿中的流动，减少血液凝块的风险。

Watch your symptoms and contact your provider if you have problems or questions.



注意您的症状，如果有任何问题或疑问，请与您的医疗提供方联系。

Protect your loved ones

Stay away from others in your home as much as possible. Limit visitors.



保护您的亲人

在家中尽可能**与其他人保持距离**。限制访客。

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Be sure to wash your hands:

- After blowing your nose, sneezing or coughing
- After using the bathroom
- Before eating or preparing food
- Before touching anyone else in the house



经常用肥皂和水或者酒精含量不低于60%的酒精类洗手液，清洗双手至少20秒。以下情况请务必洗手：

- 擤鼻涕、打喷嚏或咳嗽后
- 上洗手间后
- 吃东西或准备食物前
- 接触房间中的其他人之前

Anyone helping with your care should also be washing their hands well. Be sure to wash before and after providing any care or having any contact with trash, laundry or utensils used by the ill person.



任何护理您的人员也应好好洗手。在进行任何护理或接触患者使用的垃圾，衣物或器皿前后，需要洗手。

Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.



咳嗽或打喷嚏时用纸巾或肘部遮住嘴和鼻子。

Clean and disinfect high-touch surfaces in your household every day. This includes door knobs, tables, countertops, light switches, handles, keyboards, phones, remotes, touch screens, toilets, faucets and sinks.

- Most household disinfectants should be effective, such as Lysol, Clorox or similar store-brand products. Follow the instructions on the container.
- You can also use a diluted bleach solution to disinfect surfaces. Be sure to leave it on for at least one minute and allow for good ventilation in the area during and after use. Check that the bleach is not expired. Mix 5 tablespoons or $\frac{1}{3}$ cup of bleach in a gallon of water, or 4 teaspoons of bleach in 1 quart of water.



每天在家中清洁和消毒高接触表面。包括门把手、桌子、台面、电灯开关、把手、键盘、电话、遥控器、触摸屏、马桶、水龙头和水槽。

- 大多数家用消毒剂都应该是有效的，如来苏尔 (Lysol)、高乐氏 (Clorox) 或类似的商店品牌产品。请遵循容器上的操作说明。
- 也可以使用稀释的漂白剂溶液对表面进行消毒。确保漂白剂在表面至少停留一分钟，在使用过程中和使用后保持良好通风。检查漂白剂是否过期。在一加仑水中混合5汤匙或 $\frac{1}{3}$ 杯漂白剂，或在1夸脱水中混合4茶匙漂白剂。

Wash laundry with the warmest temperatures recommended on the label. Use gloves if handling laundry for an ill person, if possible. It is okay to wash laundry from the ill person with other laundry. If gloves aren't available, be sure to wash your hands well after handling laundry.



在洗涤衣物时，采用标签上建议的**最高温度清洗**。如果可能，为患者处理衣物时戴手套。可以将患者的衣物和其他衣物一起清洗。若无手套可用，请确保在洗完衣服后洗手。

Keep at least 6 to 10 feet away from others in your home. Don't sleep or spend time in the same room with others. Use a different bathroom, if possible.



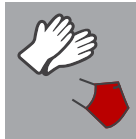
在家中**与他人保持至少6到10英尺的距离**。请勿和他人同一房间睡觉或共处。如果可能，请不要与他人共用浴室。

Don't share bedding, towels, dishes, utensils or drinking containers. Wash dishes in hot water or use a dishwasher.



请勿共用床上用品、毛巾、餐具、器皿或饮用容器。用热水或洗碗机清洗餐具。

Use a separate, trash bag-lined trash can for any tissues, gloves and masks that have been used by the ill person or items used to care for them. Tie the trash bag shut, remove it from the trash can and throw it away with other household trash.



使用一个衬有垃圾袋的单独垃圾桶，丢弃患者使用过的纸巾、手套和口罩或护理物品。将垃圾袋绑紧，将其从垃圾桶中取出，然后与其他家庭垃圾一起扔掉。

Wear a facemask when others are around, if available. If that's not possible and the person requires close contact for help, the caregiver should wear a facemask and gloves whenever handling any bodily fluids. Avoid reusing gloves and masks. If masks are not available, use a scarf or bandana to cover your nose and mouth.



如果有其他人在旁边，请戴上口罩。如果无法做到这一点，且患者需要近距离接触帮助，护理人员在处理任何体液时应戴上口罩和手套。避免重复使用手套和口罩。若无口罩可用，请使用围巾或头巾遮住您的鼻子和嘴巴。

For more information on disinfecting your home, visit [cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html).

有关您家中消毒的更多信息，请访问 [cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html)。

Keep your community safe

Stay home. Don't leave, except to get medical care and needed items.

Stay in touch with your doctor. Be sure to get care if you feel worse or you think it's an emergency.

Avoid public transportation. Avoid using public transportation, ride-sharing or taxis.

Keep a safe 6- to 10-foot distance from others to prevent disease spread.

Limit contact with pets and other animals

Limit contact with pets and animals, just like you would people.

- There have been some reports of pets becoming sick with COVID-19. It is recommended that people with the virus limit contact with animals until more information is known.
- When possible, have another member of your household care for your animals while you're sick.
- If you must care for your pet or be around animals while you are sick, wash your hands before and after you touch the animal or any of the animal's items. These include feeding bowls, bedding, crates, leashes or toys.

When to stop self isolation

Only stop your self isolation under these conditions:

- You have had **no fever for at least 24 hours (1 day) without use of any medicine** that reduces fever, such as acetaminophen (Tylenol) **and**
- **Other signs have improved**, such as less coughing, and easier breathing **and**
- **At least 10 days have passed** since your signs of illness first started.

确保社区安全

待在家中。除了获得医疗护理和所需物品外，请勿离开家门。

与您的医生保持联系。如果您感到病情恶化或认为出现紧急情况，请获取医疗帮助。

请勿乘坐公共交通工具。请勿使用公共交通工具、拼车或出租车。

与他人保持6到10英尺的安全距离以防止疾病传播。

限制接触宠物和其他动物

与限制人与人的接触一样，请限制与宠物和动物的接触。

- 有报道称宠物也会感染COVID-19而生病。建议病毒携带者限制与动物接触，直到官方发布更多相关信息。
- 如果可能，您在生病期间请由其他家庭成员照顾您的动物。
- 如果您在生病时必须照顾宠物或需要在动物周围，请在触摸动物或动物用品之前、之后洗手。这些物品包括喂食碗、床上用品、木板箱、皮带或玩具。

何时停止自我隔离

仅在以下情况下停止自我隔离：

- 您至少有 **24个小时（1天）未曾发烧，且未使用任何退烧药物**，例如对乙酰氨基酚（Tylenol）**且**
- **其他症状也有所改善**，例如咳嗽减少，呼吸更顺畅 **以及**
- 从您生病之日算起**至少已经过去10天**。

- If you were very sick with COVID-19, you need to stay home for up to 20 days after your first signs appeared.
- If you have a very weakened immune system because of a health condition or medicines, you may need to **have testing done to check if you are safe to be around others**. Talk to your doctor to get more directions.
- You contact your doctor to be sure that it's safe for you to stop.

Re-testing for COVID-19 is not recommended in most cases.

When should I call for help?

Call **911** if you have any emergency warning signs for COVID-19 and get medical attention right away. Emergency warning signs include:

- Severe problems breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or unable to wake up
- Bluish lips or face
- Facial drooping, weakness of one arm or leg, or difficulty speaking

Call your doctor now or seek medical care if:

- You have new or worse trouble breathing.
- You develop new swelling, tenderness, pain or discoloration in your leg(s), arm(s).
- Your coughing gets worse.
- You have a new or higher fever.
- You are dizzy, lightheaded or feel like you may faint.

Watch closely for any changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.
- You have any problems with your medicine or other treatment.

When you call 911 or your doctor, make sure you tell them that you have COVID-19.

- 如果您COVID-19病情严重，您需要从出现症状之日起在家中呆20天。
 - 如果您因健康状况或药物而导致免疫系统非常脆弱，您可能**需要进行检测以确定您是否可以安全地与他人接触**。咨询您的医生以获取更多指导。
 - 您联系医生确认可以安全地停止隔离。
- 在大多数情况下，我们不建议对COVID-19进行重新检测。

什么时候应致电医生以寻求帮助？

如果您出现COVID-19的任何紧急危险症状，请**致电911**并立即就医。紧急危险症状包括：

- 呼吸困难或呼吸短促
- 持续性疼痛或胸部压力
- 感到思路混乱或难以睡醒
- 嘴唇或面部呈青白色
- 面部皮肤下垂，手臂或腿无力，或说话困难

如果出现以下情况，请立即致电医生或就医：

- 您新发呼吸困难症状，或原有呼吸困难症状加剧。
- 您的腿和胳膊出现新的肿胀、压痛、疼痛或变色。
- 您的咳嗽加剧。
- 您新出现发烧症状，或原有发烧加剧。
- 您头晕、头昏眼花或者出现可能晕倒的感觉。

密切注意健康状况的任何变化。如果发生以下情况，请务必联系您的医生：

- 您没有出现预期的好转。
- 您的药物或其他治疗方法出现任何其他问题。

致电911或医生时，务必告知您患有COVID-19。

To learn more

For reliable and up to date information on COVID-19, try these sites:

- go.osu.edu/coronavirus
- cdc.gov/coronavirus
- coronavirus.ohio.gov

You can also call the Ohio Department of Health Hotline with questions at **1-833-4-ASK-ODH (1-833-427-5634)**.

了解更多

如需获得COVID-19的最新可靠信息，请访问以下网站：

- go.osu.edu/coronavirus
- cdc.gov/coronavirus
- coronavirus.ohio.gov

如有问题您也可以致电俄亥俄州卫生部 (The Ohio Department of Health) 热线：**1-833-4-ASK-ODH (1-833-427-5634)**。