

## When is it safe to discharge a patient with COVID-19 from the hospital? – March 23, 2020

### **What should be considered when evaluating a patient for safe home discharge?**

At this time the CDC has not set forth clear and reliable clinical criteria that ensure discharge readiness. Decisions for discharge must be made on a case by case basis. As testing becomes more available, these criteria may change. When evaluating patients with diagnosed or suspected COVID19 disease for discharge, consider the following anticipatory guidance.

- *Clinical criteria that suggest readiness for discharge:*
  - Improving oxygenation/resolving hypoxia
  - Afebrile for  $\geq$  24 hours
  - Improvement of presenting symptoms (cough, myalgias, diarrhea)
  - Stability or improvement in laboratory parameters (LDH, lymphopenia, liver injury)
  
- *Considerations for **home** discharge:*
  - Ability to wear a mask
  - The patient has appropriate caregivers at home
  - The patient has a separate bedroom with they can recover without sharing immediate spaces with others
  - The patient and household members are able to perform personal hygiene, cough etiquette, and hand hygiene
  - The patient does not have household members who may be at increased risk of complications from COVID-19 infection (people age  $>65$ , young children, pregnant women, people who are immunocompromised or who have chronic heart, lung, or kidney conditions)
  - Close contacts can monitor their health and contact a healthcare provider if they develop symptoms
  - The ability to prohibit visitors who do not have an essential need to be in the home
  - Contacts can avoid sharing household items
  
- *Current home isolation recommendations:*
  - People should adhere to home isolation until the risk of secondary transmission is thought to be low. The decision to discontinue home isolation precautions should be made on a case by case basis.
  - Patients should remain in home isolation until they are fever free for three days without medications to reduce fever **AND** other symptoms of cough and shortness of breath have improved, **AND** it has been at least 7 days since the onset of symptoms.