

Dear Patient,

During your hospitalization, your care team confirmed that you have COVID-19.



Patient Education Resource: COVID-19

What is COVID-19?

COVID-19 is the respiratory illness that is caused by the SARS-CoV2 virus. COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. Numerous symptoms may be associated with COVID-19, and these include shortness of breath, cough, fever, muscle aches, fatigue, headache, nausea, vomiting, diarrhea, and loss of taste or smell. For patients who acquire COVID-19, higher rates of severe illness and death are noted for those who are elderly or have pre-existing conditions, such as diabetes, cardiovascular disease, cancer, obesity, or chronic respiratory disease. Individuals who are immunocompromised also have an increased risk of worse outcomes compared with healthy individuals.

Why was I hospitalized?

Patients with COVID-19 are hospitalized when their symptoms cannot be managed at home. For example, you were likely hospitalized if you had difficulty breathing. You may have received supplemental oxygen to help you breathe during your hospital stay. You may have also received antiviral medication through an IV to help your body fight the virus and to help you get better sooner or another medication which modifies the body's immune system to help your body recover from COVID-19.

How should I follow-up once I leave the hospital?

Before you leave the hospital, your nurse and physician will share a follow-up care plan which includes information about your next appointment(s). It will also include instructions from your care team regarding the use of medications for symptom relief (such as pain relievers) and supplemental oxygen (if necessary) after your discharge from the hospital. Please follow up as directed to appropriately support your recovery and help you feel better soon.

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If you have questions about next steps regarding your care plan once you are discharged from the hospital you may call: _____ at _____.

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Society of Hospital Medicine