



BNH HOSPITAL  
9/1 CONVENT ROAD, SILOM,  
BANGRAK, BANGKOK 10500  
TEL. 0-2686-2700 FAX. 0-2632-

## Patient Instruction for Covid-19 confirmed case after discharge from Hospital

### 1) Fundamental Information

Home quarantine instructions to prevent possible community transmission

- Continue to stay at home for 30 days, starting from the day when 1<sup>st</sup> symptomatic until 30 days are complete.
- Allocate a separate room with adequate ventilation at home, avoid going out in public areas. Household members should be separated from the returnee.
- Do not share food. Consume fresh cooked food.
- Assign separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and other items for the quarantined person.
- Monitor your symptoms. If you develop fever, cough, difficulty in breathing, sore throat, including flu like symptoms,
  - Wear face mask (or)
  - Cover your nose, mouth and chin with a tissue when cough or sneeze. Put the used tissue into a plastic bag and seal the bag before throwing into a trash can. (or)
  - Cough or sneeze into your upper sleeve, not your hands. Clean your hands immediately with an alcohol-based hand cleaner or soap and water.
- Maintain one to two meters distance from others. Always wear face mask when you are with other family members.
- Avoid contact with other people especially the elderly and people with chronic diseases.
- For all family members - Frequent hand washing with soap and water for at least 20 seconds at a time and maintain alcohol based hand hygiene in instances where hand washing facilities are inadequate.
- Used towels, bed linens and clothes should be washed with soap/detergent and water or washed in hot water above 71C
- It is important to monitor the health of your closed contact persons and yourself for signs and symptoms of COVID-19 during 14 days after contact.
- After use, disposable facemasks and gloves should be properly discarded without reuse, preferably in a closed container

If you develop any symptoms that are concerning to you, consult our medical assistant at 02-022-0700 or add Line BNH hospital for instant chat with hospital staff.



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