

Advice for patients discharged from the @home service after coronavirus (COVID-19)

You have been given this leaflet because you have been diagnosed with coronavirus and are now well enough to be discharged from the @home service. We want to make sure that you stay well after your illness.

What should you expect if you are recovering?

This depends on the symptoms that you have had when you were unwell. These are the most common:

- Your new shortness of breath should start to improve.
- Your temperature should return to normal (under 37.8C if you have a thermometer
- You should not feel hot to touch on your chest or back, or feel shivery and achy).
- Your new cough should start to improve. It can still take up to six weeks after you started to cough, but it should not be getting worse.

How will you know if you are getting worse again?

- Your new shortness of breath is not improving, or is getting worse.
- You have started to be short of breath when you were not before.
- Your temperature is not returning to normal or has become high, over 37.8C, if you have a thermometer, or you feel hot to touch on your chest or back, or feel shivery and achy.
- Your new cough gets worse.

What should you do if you are feeling worse?

We can give you advice or arrange a review. Please call us, **t:** 020 3049 5751, Monday to Friday 8am-4pm, Saturday and Sunday 9am-5pm.

Tell us that you were recently discharged from the @home service when you had coronavirus, and that you need to speak to a clinician.

If you are unwell outside of these hours with coronavirus symptoms, call 111.

Useful sources of information

NHS, coronavirus latest information, **w:** www.nhs.uk/conditions/coronavirus-covid-19/

Emergency situation

If you have any of the following symptoms call 999:

- becoming so breathless that you cannot speak more than a few words.
- getting more breathless than normal when walking or climbing stairs.
- your breathing has become wheezy or you feel a tightness in your chest
- starting to feel dizzy, faint, drowsy or confused
- having central chest pain
- having developed a new, severe headache when you do not usually have them
- have stopped passing urine (weeing).

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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