COVID-19 Hospital Discharge Criteria

- Individuals who are medically stable may be discharged from the hospital while still infectious and requiring isolation and transmission-based precautions. Close coordination is needed to prevent inadvertent exposures during this process.
- Criteria for discharge from hospital:
  - Patient is medically stable, per treating provider and able to recuperate outside of the hospital setting; and
  - Patient’s respiratory symptoms are improving; and
  - Ideally, patient has been fever-free for at least 24 hours without the use of antipyretics (e.g., Tylenol, NSAIDs, etc.) – Note: careful evaluation is needed for hospitalized patients as fever-reducing medications may be administered for unrelated reasons (e.g., arthritis) and for immunocompromised or elderly patients who may present with atypical symptoms and may not mount a fever; and
  - Appropriate housing, transportation, and wrap-around services (food, medication, basic needs such as clothing and toiletries, other necessities) are in place to maintain isolation/transmission-based precautions if still warranted.

Request hospital discharge by calling 650-573-2346 between 8:00am and 6:30pm. The San Mateo County COVID-19 Discharge Planner will call you back. After 6:30pm, please hold/board the patient overnight and call to submit the discharge request the next morning.

Discharging to Home*

Isolation should continue until:
- At least 7 days have passed since recovery, defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND
- At least 14 days have passed since symptoms first appeared
  - If asymptomatic, at least 14 days have passed since the date of specimen collection of the first PCR-positive test.

YES

NO

Is isolation still indicated?

YES

- Work with the San Mateo County COVID-19 Discharge Planner to ensure that the home situation is conducive to isolation.
- If the home situation is not conducive to home isolation, work with the COVID-19 Discharge Planner to explore options for isolation at an alternative location.

NO

Patient may be discharged following the normal process once approved by the San Mateo County COVID-19 Discharge Planner.
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**DISCHARGING TO A CONGREGATE SETTING**

such as SNF, Assisted Living, Board and Care

Isolation should continue until:
- At least 7 days have passed *since recovery*, defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND
- At least 14 days have passed *since symptoms first appeared* or
- *If asymptomatic*, at least 14 days have passed *since the date of specimen collection for the first PCR-positive test.*

**Is isolation still indicated?**

- **YES**
  - Ensure facility has:
    - Adequate PPE
    - Ability to adhere to infection control recommendations for the care of COVID-19 patients
    - Ideally, a designated unit and staff dedicated to care for COVID-19 patients

- **NO**
  - Symptoms resolved?
    - **YES**
      - Can return to any facility
      - No restriction on resident
    - **NO**
      - Persistent cough
        - Single room
        - Remain in room until symptoms have resolved
        - Wear face mask during care activities

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Updated May 31, 2020