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.

*Regardless of the immune status of the individuals returning home, the more stringent 7-day/14-day criteria need to be applied to patients being discharged to:
  - overcrowded housing due to the increased risk of rapid spread AND/OR
  - a home setting with vulnerable individuals.

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*

Immunocompromised patient or dialysis patient?

- YES
- NO

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 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.

Isolation should continue until:
  - At least 3 days (72 hours) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); AND
  - At least 10 days have passed since symptoms first appeared or
  - If asymptomatic, at least 10 days have passed since the date of specimen collection of the first PCR-positive test.

- YES
- NO

- 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.

Patient may be discharged following the normal process once approved by the San Mateo County COVID-19 Discharge Planner.

Updated August 18, 2020
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Isolation should continue until:
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- 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.

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Discharging to a Congregate Setting such as SNF, Assisted Living, Board and Care

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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.

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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
  - Can return to any facility
  - No restriction on resident

- 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 August 18, 2020