

Returning home with suspected COVID-19

When should you seek medical attention again?

- You have more trouble breathing.
- Your resting breathing rate is more than 20 breaths in a minute, or more than 5 breaths per minute greater than the previous count.
- You or your support person are concerned you are getting sicker or that you are confused.
- You are unable to keep down liquids by mouth, or are concerned you may be dehydrated.

PLEASE CALL:

**911 if you are having an emergency
811 for advice OR before returning to the Emergency
Department**

To help keep your lungs healthy:

- Please do NOT lie flat on your back!
- Resting or sleeping on your sides, reclined, or upright helps to use all parts of your lungs.
- Discontinue smoking tobacco, cannabis, and vaping/e-cigarettes.
- Continue any previously prescribed lung treatments, like inhalers/puffers.