

# Home From the Hospital After COVID-19 – Now What?

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This video for families and caregivers is part of a three-part series discussing coming home after a hospitalization for COVID-19. It includes tips about important aspects of recovery at home, including physical activity, nutrition, rest and sleep, stress relief, and hygiene.

[Food Safety During COVID-19](#)

[COVID-19 Recovery](#)

[Four Steps to Food Safety](#)

[Disinfecting Your Home](#)

[Self-Care](#)

[PCHC Hospital Admission/Discharge Planning Booklet](#)

## KEY TAKEAWAYS

- Understand and follow discharge instructions after a hospitalization.
- Contact the PCP so they are aware and can monitor the person's progress at home.
- It is important to focus on nutrition, physical activity, sleep and rest, stress relief, and hygiene to promote recovery.

To contact our team:

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