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.

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.

Food Safety During COVID-19
COVID-19 Recovery
Four Steps to Food Safety
Disinfecting Your Home
Self-Care
PCHC Hospital Admission/Discharge Planning Booklet

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