

GETTING HOME AFTER COVID-19

You can do it!

Get Psyched

Clear thinking and mental toughness are your best tools.

- You know how to do this--you've done it before: for sports, a performance, an exam or a tough job.
- Don't go it alone. Build a team and be a good leader. Enlist family and friends. Motivate your healthcare team. Set goals, strategies and time frames.
- If you feel too overwhelmed, talk to your clinician. We know COVID-19 can cause anxiety, depression, post-traumatic stress disorder and other medical diseases that affect thinking and motivation.

Get Strong

Even a little exercise can make a difference. Get permission first!

- Exercise from Day One clears your lungs, strengthens your heart and gets your legs ready to walk out of here.
- Do something that makes you breathe hard and get tired for 30 minutes every day.
- Walk or do light squats at your bedside.
- If you're stuck in bed, lift your legs up and down for 30 minutes every day.

Get Flexible

Lying in bed can make muscles and joints tight and painful.

- Twice a day, stretch each joint in your arms and legs. Hold each stretch for a few seconds, then relax.
- Have someone do the stretching for you if you need help.

Get Prepared

Food is the body's fuel, so eat well.

- Talk to your clinician if you have stomach problems, difficulty swallowing, or trouble handling food.
- Pooping is important, too. If constipation or bowel problems are happening, talk to your clinician.
- If you have arthritis, nerve problems, mental health or other disabling disease, fine-tune these with your clinician's help.

Get Organized

Discharge means lining up all your resources. Think:

- Where will you go after the hospital?
- How will you get there?
- Who will be there to help you at first? What do they need to learn?
- Can you get around bedroom, bathroom? Can you exit in an emergency?
- Will you be safe?
- Will you have enough money/food?/heat?/water?
- How will you avoid infecting others?
- Do you know your medicines and treatments?
- How will you get them at home?
- Do you have the crutches, canes, toilet seats, or other equipment you'll need?

The first steps home are all yours. You can do this!

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