

# Getting Home After COVID-19

# You can

# do this!

## Take the first steps:

### GET PSYCHED

You know how—you've done it for sports, performances, exams, or difficult jobs. Clear thinking and mental toughness are your best tools.

- Set goals, time frames, and contingencies.
- Don't go it alone. Build a team and be a good leader. Enlist family and friends. Motivate your healthcare team.
- If you feel overwhelmed, talk to your clinician.  
They understand that COVID-19 can cause anxiety, depression, post-traumatic stress disorder, and other medical diseases that affect thinking and motivation.

### 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 STRONG

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 ½ hour every day.
- With permission, walk or do light squats at your bedside.
- If you're stuck in bed, lift your legs up and down for ½ hour every day.

### GET PREPARED

Make plans with your clinician before you leave.

- Make sure you can eat well. Food is the body's fuel.  
Talk to your clinician if you have stomach problems, difficulty swallowing, or trouble handling food.
- Pooping is important.  
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 plans 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?

