

What To Expect If You Are Hospitalized for COVID-19 Related Symptoms

Inova's care for patients with COVID-19 is based on recommendations from experts in leading public health organizations such as the World Health Organization and the Centers for Disease Control and Prevention. Your experience in our hospital today may be different than a previous one. For example, your food will be delivered on a disposable tray and we may measure how much liquid you drink. We'd like to tell you a bit more about your stay.

About Your Treatment

If you prefer to have conversations in another language with your care team (doctors, nurses, respiratory therapists and technicians), we are happy to use interpreter services via phone or video free of charge. Our goal is to make sure you can understand and ask questions about your care plan while you are in the hospital.

Your care team will do as many things at once as possible so that they will not have to go in and out of your room too often. You may also notice us checking on you through the window or calling you through the call button to speak with you rather than physically entering the room. This reduces risk of infection and the amount of gloves, gowns and masks that we use. **Personal protective equipment**, also known as PPE, helps us to prevent the spread of the virus.

Moving around is important for your blood flow, lungs and muscles. We will give you instructions on how to lie in bed or walk around your room. We will give you breathing exercises and it will be important to follow instructions on how often to do these exercises. You will remain in your room except when going out for any necessary tests. When you leave the room you will be provided a mask to wear.

Testing results for COVID-19 take **approximately 24 hours**.

Visitation

To keep everyone safe, we limit visitors. Only in certain circumstances will a visitor be allowed. We encourage our patients to connect with loved ones through phone and video. If you need help contacting family and friends, let us know – we can assist you.

Inova partners with CaringBridge to provide free, secure personalized **websites to connect friends and families during a hospitalization and recovery**. For more details, see our website: <https://www.inova.org/patient-and-visitor-information/caringbridge>

Please limit personal belongings. Food from home is not permitted due to infection concerns.

Inova is here to support you, your family and our community throughout this pandemic. Our mission is to provide world-class healthcare – every time, every touch – to each person in every community we have the privilege to serve.

More Information: <https://inova.org/covid19>