Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Respiratory Infections

This information explains nursing discharge instructions for respiratory infections from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Respiratory Infections

Wash your hands often, especially after coughing or sneezing. Alcohol-based hand sanitizers also kill germs.

Cover your mouth and nose with a tissue when you cough or sneeze.

Cover your mouth with your inner elbow when you cough instead of coughing into your hand.

Consider social distancing from people who appear to be sick. When around people who are sick, do not get too close (such as kissing, hugging, or sharing utensils). Wear a mask if you have one.

Disinfectant items people touch often, such as door handles, remote controls, toys, and phones.

Take your medications as prescribed.

Ask family members and close friends to consider getting the flu and COVID vaccines.

Call your MSK healthcare team or go to the nearest emergency room if you have signs of infection, such as:

- A fever of 100.4 °F (38 °C) or higher.
- Shaking chills or sweating.
- New or worsening shortness of breath.
- Trouble breathing.

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

Visit www.mskcc.org/pe/respiratory_viral_infections for more information.

You can search for information on this topic and many others in MSK's Patient and Community Education library at www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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