



www.healthpointchc.org

ADMINISTRATION

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Dear employer or school official,

To protect the public health and adhere to social distancing, we are unable to see patients who request letters of clearance to return to work after resolution of possible COVID-19 symptoms, or high risk patients needing letters stating they should stay self-isolated during the COVID-19 pandemic. We recommend the following:

1. All people who meet the CDC criteria for high risk (see attached)* should work from home and stay home until state and local “Stay home, stay healthy” orders are lifted and/or their medical provider says they may return to work or school.
2. All people with fever, cough, or other cold or flu-like symptoms. People who have flu-like symptoms (such as fever, cough, shortness of breath, sore throat, diarrhea, fatigue, headache), loss of sense of smell or taste, or loss of appetite, should be tested for COVID-19. However, since the test is not 100% accurate, people who test POSITIVE OR NEGATIVE should stay at home until they have had NO FEVER for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers), AND other symptoms have improved, AND at least 10 days have passed since symptoms first appeared.
3. People who have no symptoms but have been in close contact with someone diagnosed with COVID-19 should also be tested for COVID-19. After testing, these people should be in “self-isolation” at home for 14 days and monitor for fever, cough and other cold or flu-like symptoms. They may return to work or school after the self-isolation period as long as they remain symptoms free.

Thank you for your understanding in this time of concern in our community.

Sincerely,

Carolyn Halley, MD

Medical Director

HealthPoint

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*<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

Updated August 3rd, 2020

CLINIC LOCATIONS:

Auburn • Auburn North • Bothell • Federal Way • Kent • Midway • Redmond • Renton • SeaTac • Tukwila • Evergreen Campus • Tyee Campus

Coronavirus Disease 2019 (COVID-19)

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People at Increased Risk

[People at Increased Risk of Severe Illness](#)[Older Adults](#)[People with Certain Medical Conditions](#)[Other People Who Need Extra Precautions](#)[Pets & Other Animals](#)[Travel](#)[Frequently Asked Questions](#) [Get Email Updates](#)

YOUR HEALTH

People with Certain Medical Conditions

Updated July 30, 2020

Languages

Print



Summary of Recent Changes

Revisions were made on July 17, 2020 to reflect recent data supporting increased risk of severe COVID-19 among individuals with cancer. The listed underlying medical conditions in children were also revised to indicate that these conditions **might** increase risk to better reflect the quality of available data currently. We are learning more about COVID-19 every day, and as new information becomes available, CDC will update the information below.

People of any age with **certain underlying medical conditions** are at increased risk for severe illness from COVID-19:

People of any age with the following conditions are at **increased risk of severe illness** from COVID-19:

- [Cancer](#)
- [Chronic kidney disease](#)
- [COPD \(chronic obstructive pulmonary disease\)](#)
- [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
- [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
- [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
- [Sickle cell disease](#)
- [Type 2 diabetes mellitus](#)

To receive email updates about COVID-19, enter your email address:

[What's this?](#)

COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. Based on what we know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19:

- [Asthma \(moderate-to-severe\)](#)
- [Cerebrovascular disease \(affects blood vessels and blood supply to the brain\)](#)
- [Cystic fibrosis](#)
- [Hypertension or high blood pressure](#)
- [Immunocompromised state \(weakened immune system\) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](#)
- [Neurologic conditions, such as dementia](#)
- [Liver disease](#)
- [Pregnancy](#)
- [Pulmonary fibrosis \(having damaged or scarred lung tissues\)](#)
- [Smoking](#)
- [Thalassemia \(a type of blood disorder\)](#)
- [Type 1 diabetes mellitus](#)

[Want to see the evidence behind these lists?](#)

[Children](#) who have medical complexity, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease might be at increased risk for severe illness from COVID-19 compared to other children.

The list of underlying conditions is meant to inform clinicians to help them provide the best care possible for patients, and to inform individuals as to what their level of risk may be so they can make individual decisions about illness prevention. We are learning more about COVID-19 every day. This list is a living document that may be updated at any time, subject to potentially rapid change as the science evolves.