

May 14, 2020

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 that the following people stay home:

1. All patients who meet the CDC criteria for high risk (see attached)* should work from 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 patients with fever, cough, or other cold or flu-like symptoms. Patients who have had flu-like symptoms (such as fever, cough, shortness of breath, sore throat, diarrhea, fatigue, headache) or loss of sense of smell or taste, regardless of whether they have been tested for COVID-19, and regardless of whether a COVID-19 test result was positive or negative, should stay at home until they have had NO FEVER for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers), AND other symptoms have improved, AND at least 10 days have passed since symptoms first appeared. They do not need to be seen by a doctor and do not need any lab testing.
3. Patients who have no symptoms but have been in close contact with someone diagnosed with COVID19. This patient 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. They do not need to be seen by a doctor and do not need any lab testing.

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

Sincerely,

Carolyn Halley, MD

Medical Director
HealthPoint
www.healthpointchc.org

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

Coronavirus Disease 2019 (COVID-19)

CDC > Coronavirus Disease 2019 (COVID-19) > People Who Need Extra Precautions



Coronavirus Disease 2019 (COVID-19)

Symptoms

Testing +

Prevent Getting Sick +

If You Are Sick +

Daily Life & Coping +

People Who Need Extra Precautions -

People Who Are At Higher Risk

Older Adults

People with Asthma

People with HIV

People Who Are Immunocompromised

People Who Are at Higher Risk for Severe Illness

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COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People 65 years and older](#)
- People who live in a nursing home or long-term care facility

People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

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