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**ADMINISTRATION**

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Dear Employer:

At this time, the Centers for Disease Control, the Washington State Department of Health, and Public Health- Seattle & King County DO NOT recommend COVID-19 testing for people with no symptoms and no contact with someone who has tested positive.

Therefore, we at HealthPoint DO NOT recommend that employers base return to work decisions on negative COVID-19 testing. Moreover we recommend AGAINST such testing for several reasons:

- None of the current COVID-19 tests are 100% accurate. There are up to 38% "false negative" test results. Having a negative test result DOES NOT prove that a person is not infected with the COVID-19 virus.
- The rate of infection with COVID-19 in the area is thought to be under 1%. People who have no symptoms are probably not infected with COVID-19.
- A negative test, even if accurate, would not predict risk of future infection. It is not practical at this time to test people regularly to ensure they have not contracted the COVID-19 virus, so a negative test result would quickly become meaningless.
- The recommendation of HealthPoint and all local, state and federal health institutions is to focus on infection control practices, including physical distancing, masking, cough hygiene (coughing into elbow), handwashing, and staying at home when possible. This will protect our communities and workforce much better than testing of low risk people with no symptoms.

At this time, people without symptoms and without close contact with someone who is infected with COVID-19 do not meet criteria for testing in King County or Washington State.

We DO recommend COVID-19 testing for people who have flu-like symptoms (such as fever, cough, shortness of breath, sore throat, diarrhea, fatigue, headache) or loss of sense of smell or taste, AND for people who have been in close contact with someone diagnosed with COVID19, even if they have no symptoms. ***We will test this individual when those circumstances arise.*** Please accept this letter from their healthcare provider at HealthPoint as sufficient for their return to work, without testing.

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

Sincerely,  
Carolyn Halley, MD  
Medical Director  
HealthPoint  
[www.healthpointchc.org](http://www.healthpointchc.org)

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