To Whom It May Concern:

Based on New York City Health Department guidance, please excuse ______________________ from work. They had symptoms of COVID-19 such as fever, cough, shortness of breath, sore throat and loss of taste or smell, which started on __________ (date symptoms started), and/or tested positive for COVID-19 on ___________ (specimen collection date, not date of result).

They never had a fever or haven’t had a fever since ____________________ (first day without fever).

To reduce the spread of COVID-19 in New York City, all people with symptoms of COVID-19 or with a positive swab or saliva test for COVID-19 should stay home until all of the following are true:

• It has been at least 10 days since their symptoms started.
• They have not had a fever for the prior 24 hours without use of fever-reducing drugs such as Tylenol or ibuprofen.
• Their overall illness has improved.

People who never had symptoms but have a positive test result should stay home for 10 days from the date they were tested.

Number of days excused from work _____________ (minimum of 10 days from symptom onset).

Once this person has met the above criteria, they may end their isolation and return to work.

NOTE: People should not be required to show a negative COVID-19 test result in order to return to work. Requiring a negative COVID-19 test result is not an appropriate criterion for returning to work, as many people test positive long after the infectious period has ended.


Sincerely,

Demetre C. Daskalakis, MD, MPH
Deputy Commissioner
Division of Disease Control

The NYC Health Department will not be responsible for confirming the accuracy of this letter. 8.13.20