

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.

Visit nyc.gov/health/coronavirus for more information about COVID-19, including symptoms and prevention. Visit nyc.gov/covidtest to find a COVID-19 testing site near you.

Sincerely,



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