



Waco Family Medicine

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To Whom It May Concern,

If your employee (or child in school/daycare) is diagnosed with COVID-19, which can be through a positive home test, here are the guidelines to follow for their isolation.

I recommend that this patient should be excused from work/school/daycare until:

- At least 5 days since symptoms started
- Symptoms have resolved or are resolving
- Fever free for 24 hours

IMPORTANT - After returning to work/school/daycare they need to wear a mask for at least 5 days after (10 days total). If they are unable to wear a tight-fitting mask for an additional 5 days then they should isolate for 10 days and not return until after that time.

Note too that these criteria take the place of testing to determine when COVID-19 patients can discontinue home isolation and return.

- **In other words, a COVID-19 test is not needed to determine if someone can return to work, school, or daycare (as appropriate) if they have COVID. The CDC no longer recommends that this be done.**
- **In addition, no further excuse is needed apart from this one as we will simply be using the above criteria to return the patient back to work, school, or daycare.**

Should symptoms worsen, they are always welcome to call our office for further instructions, or go to the ER.

****Note:** With regard to *continued COVID-19 symptoms* specifically, note that by the above guidelines a COVID-19 positive or suspected COVID-19 person can still return to society if they have symptoms, as long as they meet the criteria above. However, some patients may still want to be off because they continue feeling ill, but know that they are not considered contagious once they meet the criteria listed in the above CDC guidelines. In this case, once they've met those criteria, but are still having some symptoms, they can return to work/school/daycare when they're feeling well enough to return.

Thank you.