



## EMPLOYER:

Based on the Centers for Disease Control and Prevention's guidance (CDC), please excuse your employee from work if they have experienced fever, cough, shortness of breath, sore throat, or other symptoms suggestive of COVID-19. Employees do not require a "doctor's note" according to the CDC. The symptoms and request for time to isolate can be self-reported by your employee.

Most will develop mild to moderate symptoms that will get better without medical help. ***A positive test is not needed to prove they had COVID-19 and a negative test is not needed for them to return to work.*** Given the widespread presence of coronavirus disease 2019 (COVID-19), the CDC is asking that all people with the above symptoms stay home for at least seven days since their symptoms started **and** for 24 hours after their fever goes away without the use of fever-reducing drugs and resolving symptoms.

**Persons with laboratory-confirmed COVID-19 who have not had any symptoms** may discontinue isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness provided they remain asymptomatic.

Background: There is widespread community transmission of COVID-19 happening. COVID-19 is a respiratory illness (which affects breathing) caused by a new coronavirus. Symptoms can range from mild, such as a sore throat, to severe, such as pneumonia. Most people will not need medical attention for their symptoms. Visit

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV) for more information.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

Original Source:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

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## Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)

Plan, Prepare and Respond to Coronavirus Disease 2019