To whom it may concern,

Your employee has been ill with symptoms consistent with or is concerned about exposure to COVID 19, the disease caused by SARS coronavirus 2.

COVID 19 is typically a mild to moderate respiratory illness that is characterized by fever, cough, fatigue, achiness and shortness of breath. This is similar to the symptoms of many other viral illnesses currently circulating at this time so it is hard to tell them apart.

Testing continues to be limited due the lack of testing sites and overall lack of testing reagents. The majority of upper respiratory illnesses will not be getting COVID testing at this point. The majority will NOT be COVID 19

With the above in mind, we are recommending that workers who become ill with respiratory symptoms as noted above remain off work for 7 days or until fever and symptoms improve for at least 72 hours, whichever comes last. These precautions are consistent with Washington Department of Health recommendations for isolation of people with COVID 19 and should be adequate to ensure that an employee is safe to return to work, no matter what form of respiratory disease they have had.

If an asymptomatic employee is worried about or knows they have been exposed to another person with symptomatic COVID 19, we recommend that the employee remain at work and be monitored for symptoms of fever, cough or shortness of breath. If any of these occur, we recommend the employee leave work until the disease has improved as noted above.

Thank you for your attention.