Dear Kind Patient, **DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Thank you for contacting us about your symptoms and concerns.

Based on your symptoms, you are **LIKELY / NOT LIKELY** to have the COVID-19 virus.

Testing is not needed for everyone, because it usually does not change our recommendations for you.

If you are likely to have the virus as indicated above, read the remainder of this information as if it applies to you. You may use this letter to demonstrate to employers and others that you need to stay home. Depending on your energy level, it may or may not be appropriate for you to work from home. Some people are too fatigued to work while they are sick with this virus.

INFORMATION ABOUT COVID-19

1. Novel coronavirus disease (COVID-19) is a highly contagious virus.
2. Roughly 80% of those infected experience mild symptoms for 1-3 weeks which can include fever, dry cough, fatigue, shortness of breath, gastrointestinal distress, muscle aches, nasal congestion and runny nose.
3. Currently, there is no medication known to cure the virus.
4. For updates, refer to these organizations: World Health Organization, Johns Hopkins, CDC, Governor xxxxx’s office, xxxx County and the City of xxx

CURRENT COVID-19 RECOMMENDATIONS as of 3/27/2020

1. Keep other people safe. It is imperative that you *stay confined at home* until at least 72 hours after your symptoms have completely resolved. Stay as far away from your housemates as possible, and use alcohol based or peroxide based sanitizer to clean any shared spaces.
2. Wash your hands frequently (before/after eating, any time you touch your face, any time you consider whether you should wash your hands again) for 20-30 seconds with soap and water.
3. Be sure to cough into your elbow and wear a mask.
4. Contact someone else to bring you essentials if possible.
5. Get 8-12 hours of sleep at night.
6. If you feel you cannot breathe or if you have shortness of breath, call 911.
7. If you cannot drink fluids or if you are unable to keep fluids down, call 911.
8. If you are nervous but not sure if it is serious, you can call our office.
9. Do things at home you enjoy such as light exercise, writing in a journal, reading and other hobbies

***Hang in there!*** It is a very strange time, and we understand. We will get through this together.

Your personal medical team at xxxx Clinic Address Phone number