

COVID-19 Release from Self-Isolation or Quarantine and Return to Work/School/Daycare Notes

The US Centers for Disease Control and Prevention (CDC) and NC Department of Health and Human Services (NCDHHS) have provided guidance on when people can be released from isolation after confirmed or suspected COVID-19 infection and quarantine after close contact with someone positive for COVID-19.

Patients may come to you for documentation when returning to school or work. The following templates are based on CDC and NCDHHS guidance and are intended to inform you of items you may want to consider including in Return to Work/School/Daycare notes. You should use your clinical judgement and knowledge of each individual patient's condition to determine what should be included in Return to Work/School/Daycare notes. Please consult your professional liability company for any specific questions or guidance.

Some considerations to keep in mind when crafting Back-to-Work/School/Daycare notes:

- A clinician's duty is to their patient, not the employer.
- Make certain that the patient's work environment is taken into consideration.
- If a patient has any specific risk factors related to contracting COVID-19 or experiencing any significant complications, the clinician should discuss these with the patient/parent and clearly document the conversation.
- Do not be coerced into writing, "cleared to return to work/school/daycare" notes unless warranted.

Template for Patients at High Risk for Severe Illness

[Insert patient name] is an existing patient of [insert practice name]. S/he has an underlying health condition that places him/her at high risk for developing severe illness should he/she be exposed to COVID-19 as indicated by CDC and NCDHHS. Please make accommodations at work to ensure s/he minimizes potential exposure to COVID-19 by maximizing physical distance from other employees or allowing him/her to work/learn from home.

Template for Patients with Suspected or Confirmed COVID-19 Infection (with symptoms)

[Insert patient name] is an existing patient of [insert practice name]. S/he has met all of the NCDHHS requirements below to be released from isolation:

- It has been at least 10 days since the patient first developed symptoms
- It has been at least 3 days since the patient had a fever (without using fever reducing medicine).
- It has been at least 3 days since the patient's symptoms have improved, including cough and shortness of breath.

Template for Patients with Suspected or Confirmed COVID-19 Infection (without symptoms)

[Insert patient name] is an existing patient of [insert practice name]. It has been at least 10 days since his/her first positive SARS-CoV-2 test on XX/XX/2020 and s/he has remained asymptomatic for the entirety of their isolation. Thus, s/he has met the NCDHHS requirements to be released from isolation.

Template for Patients with Known Close Contact with Someone Diagnosed with COVID-19 (without symptoms)

[Insert patient name] is an existing patient of [insert practice name]. It has been at least 14 days since his/her contact with someone diagnosed with COVID-19 and s/he has remained asymptomatic for the entirety of their quarantine. Thus, s/he has met the NCDHHS requirements to be released from quarantine.

Template for Patients with Medical, Developmental or Behavioral Health Need that Prohibits Mask Wearing

[Insert patient name] is an existing patient of [insert practice name]. Due to his/her [medical/developmental/behavioral health] condition, s/he should not be required to wear a cloth face covering or mask per NCDHHS guidance. Please make accommodations to allow for proper social distancing and/or allow him/her to work/learn from home.

Additional Resources

- Interim Guidance for Child Care Settings: <https://files.nc.gov/ncdhhs/documents/files/covid-19/NC-Interim-Guidance-for-Child-Care-Settings.pdf>
- Interim Guidance for Public Schools: <https://files.nc.gov/covid/documents/guidance/Strong-Schools-NC-Public-Health-Toolkit.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/strategy-discontinue-isolation.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
- <https://covid19.ncdhhs.gov/about-covid-19/symptoms#when-can-i-end-self-isolation>
- <https://covid19.ncdhhs.gov/about-covid-19/symptoms#what's-the-difference-between-self-monitor,-quarantine-and-isolation>