



4001 Harrison Ave. NW
Olympia, WA 98502-5084

TELEPHONE 360.704.ADOC (2362) WEB HeritageFamilyMedicine.com

FAX 360.350.1445 EMAIL staff@HeritageFamilyMedicine.com

To Employers:

These are trying times, with medical resources expected to be stretched to and likely beyond their breaking point.

Your employee has asked us to verify they are ill, and that it is advisable for them to self-quarantine until symptoms have abated. Typically 14 days. They have completed our online screen at [heritagefamilymedicine.com \[https://www.heritagefamilymedicine.com/uploads/COVID-19_Assessment.pdf\]](https://www.heritagefamilymedicine.com/uploads/COVID-19_Assessment.pdf) and have judged themselves highly likely to be suffering from or had close contact with someone who has had Covid-19.

This letter should NOT be used by symptom free employees whose exposure is negligible. Ask them yourself.

If a household contact is a known positive or has symptoms strongly consistent with Covid-19 during a community outbreak, it is prudent to self-quarantine. If a household contact other than the employee has merely had casual contact with someone else with the disease, but themselves lack symptoms, feel free to deny this request.

It takes 5 – 14 days for a patient to become ill. It is highly unlikely that the illness moves from person to person (1* spread) or person to person to person (2* spread) or person to person to person to person (3* spread) in less than MULTIPLES of at least 5 days. i.e. "my boyfriend's mother had dinner with a man who was in Korea 1 week ago" -- THAT is a 15 day chain - not enough time -- AND a very weak link. On the other hand "my boyfriend has Fever, cough, exhaustion, and shortness of breath -- I was with him just before he got sick" is a quite credible scenario. You should not wait for her to have symptoms, exposing all others at your work place. *The virus is increasingly recognized to spread from people (especially the young) who have disease but no or very mild symptoms.*

OR

They have informed us that that they are required to care for a member of their household under Covid-19 associated conditions.

We have not actually examined the patient. We would, in any case, mostly take their word regarding their symptoms. Testing, despite the lies of national politicians, is not readily available. Our testing materials were still on back-order at the drafting of this letter. At one point in this epidemic, the US had done no more than 5000 tests, while South Korea at the same stage of the epidemic had already done over 100,000.

We do not have the time, resources, or frankly, the patience to be providing "employment notes" when our President, Governor, and Every Health Officer of the World has said - we are in a Pandemic, normal rules do not apply.

BELIEVE your employee, the same as we would have. If you can't believe them, you have a bigger problem that will not be solved with a doctor's note.

Sincerely,

The Providers of Heritage Family Medicine

Richard L Faiola, MD
Lynda Stafford, DO
Percy Lynchard, ARNP
Elizabeth Forman Serdar, ARNP
Sofia Kalenikova, ARNP