



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY**

**PUBLIC HEALTH DEPARTMENT**

**Michael Hill** *Health Agency Director*

**Penny Borenstein, MD, MPH** *Health Officer/Public Health Director*

To Whom It May Concern:

Effective December 14, 2020, the County of San Luis Obispo Public Health Department will no longer provide individualized release letters for persons returning to work or school following COVID-19 infection. Individuals are requested to self-attest that they meet the release from isolation criteria listed below.

Sincerely,

A handwritten signature in black ink that reads "Rick Rosen MD".

Rick Rosen, MD, MPH  
Deputy Health Officer  
County of San Luis Obispo Public Health Department

Individuals should use the following criteria for release from isolation and return to work, school, or other activities following COVID-19 infection:

- I attest that at least 10 days have passed since my symptoms first appeared (or since my positive COVID-19 test if I have not had symptoms)  
AND
- I have not had a temperature 100°F or higher or felt feverish in the last 24 hours  
AND
- I have not taken any fever-reducing medication (such as acetaminophen or ibuprofen) in the last 24 hours  
AND
- I have remained asymptomatic over the course of my COVID-19 illness OR my symptoms of COVID-19 (cough, shortness of breath, chills, fatigue, muscle aches, loss of smell/taste, headache, sore throat, congestion, runny nose, nausea, vomiting, diarrhea) are markedly improved.

I, \_\_\_\_\_, *verify that I have met the County of San Luis Obispo Public Health Department criteria listed above for release from isolation and return to work, school, or other activities.*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

**Public Health Department**

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[www.slopublichealth.org](http://www.slopublichealth.org)