



Full-time Employees

Many providers at RRH have received requests from employees throughout the Valley for doctor's notes regarding returning to work after illness.

Importantly, there is influenza in our community and we are hyper-vigilant of symptoms because of the COVID-19 pandemic and have set up two respiratory screening facilities to evaluate and care for those who have symptoms. Testing for COVID-19 is limited for people who do not meet criteria and the scientific profile of COVID-19 makes it impossible for physicians to provide a "COVID-19 free" or "influenza-free" note for employees to return to work. Employees that are non-health-care workers and have respiratory illness can return to work if it has been seven days since onset of symptoms, three days without fever, and improved respiratory symptoms.

Two issues continue to be the best avenues to impact the spread of COVID-19 and influenza. Travel is a common theme that we see in the Valley as it relates to positive COVID-19 cases and we, along with the State, have taken significant steps to educate, screen and institute travel restrictions. Social distancing also has significant promise to impact COVID-19 and influenza, and we encourage you to review the CDC's guidance on social distancing practices in the workplace.

Following are additional resources that you may find helpful in navigating this unique environment:

- [Interim Guidance for Employers \(CDC\)](#)
- [People who are at high risk for severe illness \(CDC\)](#)
- [How to Discontinue Home Isolation](#) (For employees who test positive for COVID-19)
- [Sex and Distancing](#)
- [The Impact of Social Distancing](#)
- [COVID-19 Testing](#)
- [How to Protect Each Other, What to Do](#)

We would like to thank you for your support of our local health system, our clinicians and support staff during this rare time. Please let us know if we can answer any additional questions or provide guidance.

Thank you,

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