



NEW YORK CITY DEPARTMENT OF  
HEALTH AND MENTAL HYGIENE  
Oxiris Barbot, MD  
*Commissioner*

Dear School Administrator or Employer:

The New York City Department of Health and Mental Hygiene (NYC Health Department) is providing this letter to \_\_\_\_\_ to excuse them from school or work. They are required to stay home and self-monitor for 14 days after their last day in China. This individual has reported that their last day in China was on \_\_\_\_\_. This means that they should not attend school or work during this time of home self-monitoring which should be for 14 days after their last day in China. We recommend that you also require proof of travel to substantiate this excused absence.

This measure comes from a federal directive that requires individuals without symptoms returning from China to implement home self-monitoring and social distancing (which means remaining out of settings such as workplaces and schools) after they may have been exposed to the 2019 novel coronavirus. **This person has not been diagnosed with COVID-19 infection.** These measures are being implemented nationally out of an abundance of caution given the expanding outbreak in China.

Please excuse this person from work or school so that they may comply with this directive. This letter only applies to persons returning to the United States on or after February 3, 2020.

Background:

Recently, a novel (new) coronavirus was detected in thousands of people worldwide, primarily in China. There is evidence the infection can be spread person-to-person. A "novel coronavirus" is a strain that has not been previously found in humans. Symptoms for this novel coronavirus can include fever, cough or shortness of breath. An infection can result in death, but that is a rare outcome.

Sincerely,

A handwritten signature in black ink, appearing to read 'Demetre C. Daskalakis'.

Demetre C. Daskalakis, MD, MPH  
Deputy Commissioner  
Division of Disease Control  
New York City Department of  
Health and Mental Hygiene