



HAMILTON COUNTY, TENNESSEE  
HAMILTON COUNTY HEALTH DEPARTMENT

Date

Name

**LETTER REQUIRING RESTRICTED MOVEMENT- ISOLATION**

Dear ,

This letter is being sent to you because you have recently tested positive for the COVID-19 virus or you have developed symptoms after being in contact with someone positive for COVID 19. Due to this diagnosis, it is now **REQUIRED** that you restrict your movements, and stay home until at least 10 days after symptom onset, or after your test date (if no symptoms). You should not be in any places where you may have contact with others.

Based on our records, **you may resume normal activities after the completion of your 10-day isolation period, on mm/dd/yyyy only** if you have been without a fever for at least 24 hours and are experiencing an improvement in your symptoms.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 Symptom Onset (Day 0)	2 Day 1	3	4	5
6	7	8 <b>10-day isolation period</b>	9	10	11 Day 10	12 Resume normal activities (if fever-free and symptoms have improved)
13	14	15	16	17	18	19

**Sample isolation period calendar**

If you need to seek necessary medical care, call ahead to your doctor and tell them about your situation.

**The Hamilton County Health Department does not recommend repeat testing for at least 3 months. There is evidence the virus can be detected for a long period of time after your infectious period. A negative result is not required to return to work after your isolation period ends.**

These steps are instituted in the interest of the public health and in alignment with guidance developed by the Tennessee Department of Health in consultation with the Centers for Disease Control and Prevention (<https://www.tn.gov/health/cedep/ncov.html>). Be advised that failure to abide by these requirements may result in additional actions by public health authorities, pursuant to Tennessee Code Annotated [§ 68-1-104, § 68-1-201, § 68-2-609 and § 68-5-104, Tenn. Comp. R.& Regs. 1200-14-4 *et seq.* and all other applicable laws and rules].

If you have any questions about these requirements at any time, please call 423-209-8383.

Sincerely,

Fernando Urrego, MD  
Interim Hamilton County Health Officer