Dear San Antonio and Bexar County Employer,

The San Antonio Metropolitan Health District (Metro Health) is unable to provide individual letters that prove an individual was tested for COVID-19 and is awaiting results. Many individuals are receiving testing through the drive-through testing center, which is not operated by Metro Health. We are notified only after tests are processed, and only if results are positive.

Additionally, we cannot provide individual return-to-work letters for people who self-quarantined or self-isolated for COVID-19 on their own initiative, and who were not directly monitored by us. This can happen if the person was not able to obtain a test. Metro Health can only monitor when we are aware of a positive test result. Our general guidance as of July 20, 2020, is:

*If someone had symptoms of an upper respiratory infection, they may return to work when it has been at least 10 days since the onset of illness, and the person has been symptom-free for 24 hours without the use of any fever-reducing or pain-relieving drugs. Formal guidance by the Centers for Disease Control & Prevention (CDC) is linked [here](http://CDC). For further questions, please contact 311.*

We recommend that employers provide paid sick leave in good faith that an employee is trying to stay at home because of illness. Concerns regarding paid leave are between the employee and employer. If the employee is affected by COVID-19 and not receiving payment while away from work, then they may apply for Unemployment Benefits through the Texas Workforce Commission. Formal guidance by the Texas Workforce Commission is linked [here](http://TWC).

Thank you for continued support as we all work together to keep our community safe.

Sincerely,

Junda Woo, MD, MPH
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San Antonio Metropolitan Health District
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