



Mendocino County Public Health Department

Healthy People, Healthy Communities

Dr. Andrew Coren, County Health Officer



Press Release

Date: December 12, 2022

TO: MENDOCINO COUNTY NEWS MEDIA

FR: MENDOCINO COUNTY PUBLIC HEALTH

Public Notice: Public Health is advising local schools and employers to allow people to return to work or school with a signed [self-attestation form](#), rather than requiring a note from a doctor or health clinic when recovering from flu, COVID, or other viral illness.

“Most people will recover in their own home from flu or COVID without a problem”. Mendocino County Health Officer Dr. Andy Coren stated, “Based on my experiences as a family doctor for the last 40 years, I am recommending that schools and workplaces accept a self-attestation form when people are ready to return to work or school.”

The Self-Attestation form has a checklist that goes over important symptoms to monitor, and when it is appropriate to return to work or school. When monitoring symptoms, it is important to look out for the **danger signs and go to the ER immediately if you see or feel: shortness of breath, dehydration (from vomiting/diarrhea) or ANY change of mental status.** For more information about deciding when to go to the ER vs treating at home, please see our previous [Press Release](#) on the issue.

Treatments are also available to reduce the severity of COVID or flu and make a home recovery more likely. They are available at local pharmacies, through your health provider, or at Test-to-Treat sites in the county. For more information, please see our [Treatments](#) webpage. You can also contact the Call Center at 707-472-2759 with any questions.

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