

To Whom It May Concern:

_____, student ID _____,
has requested a sick note from their UC Riverside Student Health Services (SHS) medical provider, in order to excuse their absence(s) on _____.

UC Riverside SHS, along with other UCs and many college health centers nationwide, does not routinely provide verification of illness forms to students requesting a medical excuse for classes or activities.

When UC Riverside SHS previously provided these notes, students would come to SHS for an appointment just to provide documentation, reducing the number of available appointment times for those students who had immediate healthcare needs. In addition, common medical reasons for missing classes, exams or work (such as colds, headaches, nausea, vomiting, diarrhea, abdominal pain, dizziness, etc.) do not lend themselves to retrospective objective confirmation.

We encourage students to familiarize themselves with class attendance policies and to notify their faculty if they are unable to attend, preferably before class or the missed assignment.

UC Riverside SHS does not write return notes following COVID-19 infection. Rather, we instruct students to follow [California Department of Public Health](#) recommendations for isolation.

Best practices for those who have or think they might have COVID19 are as follows:

- Stay home for at least 5 days. Take an antigen test five days after you first began to feel sick or tested positive (whichever was sooner).
- If your test is negative, you can leave your house but should wear a mask around others through day 10.
- If your test is still positive, stay home until you have a negative test or until day 10.

Thank you for your understanding.

UC Riverside
Student Health Services