

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient's Name]
[Recipient's Position]
[Company/Organization Name]
[Company/Organization Address]
[City, State, Zip Code]

Dear [Recipient's Name],

Subject: Explanation of Quarantine Period

I hope this letter finds you well. I am writing to provide clarification regarding the quarantine period that I have recently undergone due to [reason for quarantine, e.g., exposure to a confirmed case of COVID-19, travel to a high-risk area, etc.].

The quarantine period lasted from [start date] to [end date]. During this time, I adhered to all health guidelines and protocols established by [relevant health authority, e.g., CDC, WHO, local health department].

[Optional: Briefly describe any symptoms experienced or tests conducted, if applicable.]

As of [date], I have completed the quarantine and received clearance from [health authority/doctor], confirming that I am no longer at risk of spreading the virus. I am now [available to return to work, attending school, etc.].

Thank you for your understanding and support during this time. Please let me know if you require any further information or documentation.

Sincerely,
[Your Name]