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Subject:

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After speaking with the Wellington Regional Medical Center, I found out the only way to get my records and/or a note stating that I am no longer contagious is to return to the E.R.

My mother advised me this would not be a wise choice today as I would be exposed to the E.R. again with a compromised immune system, making me more susceptible to whatever germs may be present.

The last thing I want to do is infect anyone in the office with this. It is horrible. However, I have taken the necessary precautions and will do whatever you want.

-Cristalle