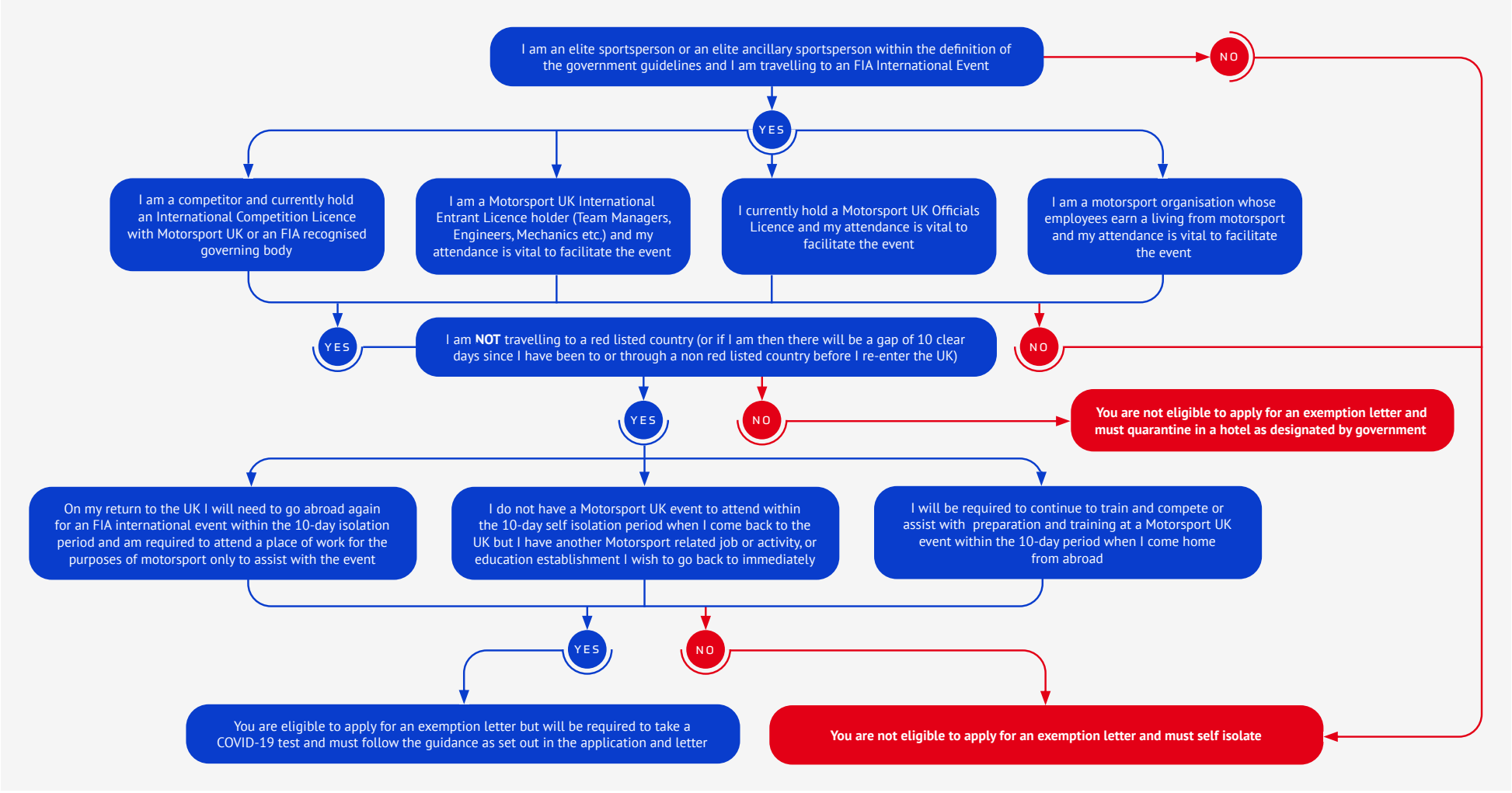Am I eligible for an exemption letter or do I need to self isolate?