

ROCHESTER REGIONAL HEALTH

Date: _____

Patient Name: _____

The elf above was seen today and determined to have a mild case of Snowdrift Sniffles (otherwise known as “Sparkle Sneeze”), which is identified by the presence of enchanted snowflakes in the elf’s sinuses.

Snowdrift Sniffles is not transmissible to others, but the elf will need some time to recover.

This elf must stay still and rest for 2-3 full days. This means no moving, no candy, and no mischief of any kind. A pinch of glitter (real or imaginary) can sometimes help speed up the healing process.

At the end of the elf’s recovery period, they are free to continue their normal routine and move about as needed.

Best wishes for a speedy elf recovery!

Mary Starlight

Mary Starlight, PA-C
Rochester Regional Health