All employees should stay home if they are sick

- until at least 24 hours after their fever* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone.
- Temperature should be measured without the use of fever-reducing medicines (medicines that contain ibuprofen or acetaminophen).

Note: Not everyone with flu will have a fever. Individuals with suspected or confirmed flu, who do not have a fever, should stay home from work at least 4-5 days after the onset of symptoms. Persons with the flu are most contagious during the first 3 days of their illness.

If you become sick at work

**CDC recommends that workers who have flu symptoms upon arrival to work or become ill during the day should promptly separate themselves from other workers and go home**

- until at least 24 hours after their fever is gone without the use of fever-reducing medications,
- or after symptoms have improved (at least 4-5 days after flu symptoms started).

As a reminder:
when out of work for 3 days or more, you must return with a doctor's note