



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 contains 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