Am I Too Sick To Work?

Follow these tips for caring for yourself and preventing the spread of illness.

If you have symptoms, stay home
Temperatures above 100.4°F should be evaluated. Stay home, rest, drink fluids.

Give treatments time to work
Talk with your doctor and employer about guidelines for returning to work.

Clean your workspace
Disinfect handles, keyboards and shared devices, like phones, to prevent reinfecting yourself.

Vomiting and diarrhea are a no-go
Never go to work with these symptoms. Drink fluids, eat bland foods, and get rest.

Wear a mask and wash your hands
Viral illnesses spread through droplets. Masks and hand-washing help stop the spread.

Don’t do more if you’re not ready
Let your co-workers know if you need a shift in responsibilities while you recover.

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