

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.



Vomiting and diarrhea are a no-go

Never go to work with these symptoms. Drink fluids, eat bland foods, and get rest.



Give treatments time to work

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



Wear a mask and wash your hands

Viral illnesses spread through droplets. Masks and hand-washing help stop the spread.



Clean your workspace

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



Don't do more if you're not ready

Let your co-workers know if you need a shift in responsibilities while you recover.