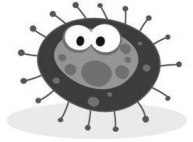


Work Restrictions



Influenza (flu) is a highly infectious disease. Most people with lab confirmed flu or with influenza-like-illness (ILI) can spread the flu virus one day before the symptoms start until about a week after getting sick. Children and people with weakened immune systems can spread the virus for a longer period of time. Most transmission to others happens in the first 3 to 5 days of illness. To help reduce the spread of infection, people with lab-confirmed flu or ILI should avoid contact with others. People taking antiviral drugs can still spread the virus and should also keep away from others.

Restrictions for workers with lab confirmed flu or ILI:

- A). **Healthcare workers:** should not come to work if they are ill. If they have lab confirmed influenza or ILI, they may return to work after they have been fever free for at least 24 hours without the use of fever-reducing medication (such as Tylenol). For most people, this means staying out of work for a minimum of 4 days. Institutions with vulnerable populations may need to extend the exclusion guidelines.

- B). **Non-healthcare workers:** should not come to work if they have lab confirmed flu or ILI. Workers can come back to work after they have been fever free for at least 24 hours without the use of fever-reducing medication (such as Tylenol). For most people, this means staying out of work for a minimum of 4 days.