

COMMON CONCERNS PEOPLE HAVE ABOUT THEIR HEALTH AND GOING TO WORK (cont.)

DISEASE	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	WORKPLACE RESPONSE & COMMENTS ON PREVENTION
Respiratory Flu (Influenza)	Sudden onset chills, fever, headache, muscle aches followed by respiratory signs and symptoms.	Probably no more than 3 days after onset.	<ol style="list-style-type: none"> 1. Exclude from work place until well, usually 2-7 days. 2. Thorough hand washing. 3. Antiviral treatment may be indicated for some contacts with chronic underlying medical conditions. 4. Flu vaccine available.
Ringworm (Tinea Corporis)	1 or more ring-shaped or irregular shaped red lesions on skin with raised edges that may be blister-like or scaly. Typically found on the face, stomach, back, or arms.	As long as lesions (sores) are present.	<ol style="list-style-type: none"> 1. Exclude from work for 24 hours after treatment has begun with an anti-fungal medication. 2. Cover lesions until gone.
Scabies	Tiny red dots in straight lines (burrows) usually found first between fingers but also on the wrists, elbows, thighs, beltline, abdomen, and buttocks. Intense itching at the site of the burrows becomes more intense at night or after exercise when warm.	Until mites and eggs are destroyed with a prescribed treatment.	<ol style="list-style-type: none"> 1. Exclude from work until day after prescribed treatment is started. 2. Refer to health care provider for diagnosis and treatment. 3. Preventative treatment for those having skin to skin contact. 4. Household cleaning.
Fifth Disease (Parvovirus B19)	Low grade fever, fatigue, distinctive facial rash (often referred to as slapped cheeks); lace-like rash on trunk/extremities.	Up to 7 days prior to development of rash.	<ol style="list-style-type: none"> 1. Routine exclusion is not recommended unless fever is present. 2. Pregnant women should consult with their health care provider.
Stomach Flu (gastroenteritis)	Loose, watery stools, abdominal cramps, often vomiting and fever, abdominal pain.	Throughout course of illness. Some remain contagious even after symptoms end.	<ol style="list-style-type: none"> 1. Hand washing and improved personal hygiene. 2. Refer to health care provider for diagnosis and treatment. 3. Exclude from workplace until no symptoms. 4. A person who works as a food handler or in certain healthcare settings should be excluded until <u>48 hours after the diarrhea/nausea has stopped.</u>
Strep Throat Scarlet Fever	Inflamed sore throat, fever, and headache. General skin rash, pale around the mouth, red spots in throat, red tongue.	10-21 days in untreated cases; 24-48 hours after beginning treatment with appropriate antibiotics.	<ol style="list-style-type: none"> 1. Refer to health care provider for treatment. 2. Exclude from workplace until 24-48 hours after antibiotic treatment is started.
Hand, Foot & Mouth (Enteroviral)	Sore throat and mild fever lasting 1-3 days. Vesicles form on the cheeks, gums, or side of tongue. Vesicles later appear on the feet and hands.	Virus is transmitted through the nose/throat, discharge, and feces during the acute stage of the illness. Can be transmitted in feces, as long as several weeks when no illness is apparent.	<ol style="list-style-type: none"> 1. Thorough hand washing after contact with nose and throat discharge and feces. 2. Exclude from workplace until no fever is present and vesicles begin to subside.

AM I WELL ENOUGH TO GO TO WORK?



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People are frequently concerned about when to stay home from work when they are sick. The following information is intended to help you with this decision.

General practice:

- If you have a fever of 100.3° or more, should stay home for 24 hours after the temperature returns to normal.
- If you have vomiting or diarrhea, you should stay home until 24 hours after the last episode.
- If you have any rash that may be disease-related or you do not know the cause, check with your health care provider before going to work.
- If you are taking a medication that could impair your ability to think, work, operate machinery or drive you may need to stay home.

Staying home when you're sick helps curb the spread of germs at work and in the community. You will get well faster if you take the needed time to rest at home and let your body fight the infection.

If you have any questions regarding the above information please contact your health care provider.

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DISEASE	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	WORKPLACE RESPONSE & COMMENTS ON PREVENTION
Cold Sores (Herpes Simplex)	Blister-like lesions on lips, mouth, skin, or in mucous membranes.	Should be considered infectious whenever lesions are present.	<ol style="list-style-type: none"> 1. No exclusion from work. 2. Good hygiene; thorough hand washing. 3. Antiviral treatment may modify acute illness.
Common Cold	Acute upper respiratory signs, including watery eyes, sneezing, running nose, general feeling of illness.	24 hours before onset and for five days after nasal involvement.	<ol style="list-style-type: none"> 1. No exclusion from work unless ill with fever.
Impetigo	Lesions (blisters) on skin may contain pus covered by honey-colored crusts.	Until dry scabs have formed and spreading has stopped.	<ol style="list-style-type: none"> 1. Exclude from work until lesions have crusted and/or person has been on antibiotic therapy for 24 hours. 2. See health care provider for treatment. 3. Thorough hand washing.
Lice (Pediculosis)	Itching of scalp (head lice) or body (body lice). Scratching causes reddened, rash-like area. The eggs, called nits, are tiny and white and stick firmly to the hair.	As long as lice or eggs remain alive on the infested person or clothing.	<ol style="list-style-type: none"> 1. Exclude infected person from work until treated with an effective lice killing product, such as Nix. 2. Examine close contacts for evidence of lice infestation. 3. Contact the Wood County Health Dept. for the Lice Control Brochure or your health care provider for further instructions.
Acute Sinus Infection	Yellow or green nasal discharge, nasal stuffiness, facial pain or pressure, headache, or aching in the upper jaw or teeth.	24 hours before onset and for five days after nasal involvement.	<ol style="list-style-type: none"> 1. No exclusion from work unless ill with fever
Pink-eye (Conjunctivitis bacterial or viral)	Redness of conjunctivae (lining of eye and eyelid); may have pus drainage from eye, sometimes swelling of eyelids. Eye irritation.	Usually while inflammation or drainage is present. Allergic conjunctivitis is <u>not</u> contagious.	<ol style="list-style-type: none"> 1. Thorough hand washing. 2. Refer to health care provider for diagnosis and treatment. 3. Exclude from work until non-communicable; usually 24 hours after treatment is begun. 4. A person with allergic conjunctivitis is <u>not</u> restricted from work.
MRSA (methicillin resistant Staphylococcus aureus)	<p>May appear as boils or abscesses, with pus or drainage present. There may be redness, swelling, pain, or warmth at the site of the infection. There maybe a fever.</p> <p>Colonization with MRSA means a person carries the infection in the nose or on the skin but is not sick with a MRSA infection.</p>	As long as lesions continue to drain or the carrier state persists. The risk of transmitting colonized MRSA is much less than if a person has an active infection	<ol style="list-style-type: none"> 1. Persons who carry MRSA but do not have signs or symptoms are not excluded from work. 2. Persons with active MRSA skin infections may be at work if: <ul style="list-style-type: none"> • The infection can be covered with a bandage or dressing. • All wound drainage can be contained throughout the day without having to change the dressing at work. • The infected person follows good hand washing and personal hygiene.
Whooping Cough (pertussis)	Runny nose, low-grade fever and cough progressing to explosive severe coughing that can interrupt breathing, eating and sleeping. A whooping or crowing sound as they struggle to inhale.	From the onset of symptoms until 2 weeks after the cough begins. Contagious until on antibiotics for 5 days.	<ol style="list-style-type: none"> 1. Exclude until 5 days after antibiotic treatment begins. 2. Determine if pertussis vaccine is up to date.