

H1N1—WORKPLACE EXCLUSION AND RETURN

FOR STAFF AND VOLUNTEERS

Symptoms	Action	Duration	Tell Staff
Fever 100° F or higher with cough or sore throat	Separate sick staff from other people Send person home	Keep out until 24 hours after fever is gone without use of fever-reducing medication. No note from doctor is needed	Do not need to call Doctor or go to hospital for most situations. If they are high risk* refer to a doctor or if they don't have a doctor refer to urgent care.
Severe Illness like difficulty breathing, rapid breathing, blue color to skin, unable to eat or drink	Refer for urgent medical evaluation Consider calling 911 depending on symptoms	Keep out until 24 hours after fever is gone without use of fever-reducing medication. No note from doctor is needed	Go to emergency room

Adults should monitor themselves every morning for fever and other symptoms of influenza-like illness.

*** PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:**

Children under 5 | Pregnant women | People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys | People with weakened immune systems | People under 18 on long-term aspirin therapy



Information is current as of September 28, 2009. Please check MCHD website or call the Information Line: 503-584-4870

Website: <http://www.co.marion.or.us/HLT/>

