

## Respiratory Viral Illnesses (Including influenza or COVID-19)

When you get sick, it can be challenging to know when to work and when to stay home. It's important to keep yourself healthy and protect the health of your coworkers. Know when to stay home and when it's appropriate to return to work.

Symptoms	What to Do	When to Return to Work
<b>FEVER</b> (Temp $\geq 37.8^{\circ}\text{C}/100^{\circ}\text{F}$ )  <b>No other symptoms</b>	Stay at home	<ul style="list-style-type: none"> <li>Return when at least 72 hours (3 days) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications.</li> <li>If the test for COVID-19 was <b>positive</b>, at least 7 days have passed since the start of symptoms (for example, cough or shortness of breath).</li> </ul>
<b>FEVER</b> (Temp $\geq 37.8^{\circ}\text{C}/100^{\circ}\text{F}$ )  <b>With or Without these symptoms:</b> <ul style="list-style-type: none"> <li>Cough</li> <li>Sore throat</li> <li>Nasal congestion or runny nose</li> <li>Myalgia (body aches)</li> </ul>	Stay at home	<ul style="list-style-type: none"> <li>Return when at least 72 hours (3 days) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications.</li> <li>If the test for COVID-19 was <b>positive</b>, at least 7 days have passed since the start of symptoms (for example, cough or shortness of breath).</li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>Symptoms have significantly improved.</li> </ul>
<b>NO FEVER</b>  <b>But with one or more of these symptoms:</b> <ul style="list-style-type: none"> <li>Cough</li> <li>Sore throat</li> <li>Nasal congestion or runny nose</li> <li>Myalgia (body aches)</li> </ul>	Use personal judgement	<ul style="list-style-type: none"> <li>Limit contact with high-risk individuals, which include people over 60 and those with chronic disease, like diabetes, or heart or lung disease.</li> <li>Use standard precautions like covering your cough and sneeze.</li> <li>If you develop a fever, inform your manager and stay home.</li> </ul>

These recommendations apply to all employees, faculty, temporary workers, trainees, volunteers, and students. This includes staff who provide services to or work in customer care or clinical areas.

These are general recommendations based on current guidelines and are subject to change. They do not replace the advice of your healthcare provider.

If questions arise, call the Ohio Department of Health hotline at 1 (833) 427.5634.