

## Guidance for all SJMHS associates who develop Influenza-Like Illness (ILI)



When medical staff, employees and volunteers should go home and stay home with ILI

### What is Influenza-Like Illness (ILI)?

ILI is the **SUDDEN** onset of:

- Fever [temperature > 100° F (>37.8° C)]

**Plus one or more of the following\*:**

- Cough
- Sore throat
- Stuffy nose
- Runny nose

### If you are sick with ILI:

1. Do Not Come to Work – contact your supervisor and let them know you have an ILI.
2. Stay home from work for at least 24 hours after you no longer have a fever, **without** the use of fever-reducing medicines.
3. If you are at work and develop ILI, let your supervisor know as soon as possible and go home.
4. While at home, keep away from others as much as possible to keep from making others sick.

\*In addition to the symptoms of ILI, some people may also have chills and/or fatigue and general body aches and pains, including headache. However, these symptoms are not included in the ILI definition. Also note that some people, most often children, with H1N1 may also have vomiting and diarrhea, but this is less common.

### Is it a cold or influenza?

Deciding if your symptoms are influenza or a bad cold can sometime be difficult. The timing of onset and type of symptoms can help give you some clues.

**COLD:** A cold usually begins with a sore throat without fever that goes away over a few days and then a runny or stuffy nose begins – sometimes with a cough.

**INFLUENZA:** Symptoms of influenza, including H1N1, start with sudden onset of fever, sometimes up to 102 – 103 F (38.9 – 39.4 C) plus sore throat, cough, nasal congestion, and general body aches. If you have ever had influenza or know someone who did they will say, “I felt fine one minute and the next minute had fever and body aches.”

## Influenza-Like Illness (ILI) - continued

For all medical staff, employees and volunteers

### SJMHS GUIDANCE FOR INFLUENZA-LIKE ILLNESS (ILI): WHEN TO STAY HOME AND FOR HOW LONG WITH ILI

October 2009

- This guidance includes Seasonal Influenza Strains and H1N1.
- This guidance applies to ALL SJMHS medical staff, employees and volunteers (referred to as “associates”).

#### Does associate have symptoms of influenza like illness (ILI)?

Fever > 100° F plus one or more of the following:

- Cough
- Sore Throat
- Stuffy/runny nose

#### YES



- If at home when symptoms start - **DO NOT COME TO WORK**
- If at work when symptoms start - put on procedure mask and go home ASAP.
- If associate has high-risk conditions for complications (e.g., pregnancy, chronic heart or lung conditions) from influenza, call your primary care provider for possible antiviral treatment.

#### How long to stay off work with ILI:

All associates with ILI must stay home for **24 hours after you no longer have a fever, without the use of fever-reducing medicines**. A note from the associate’s physician may NOT supersede this work restriction.

#### NO



- If there is a fever without other ILI symptoms, stay at home until fever-free for 24 hours without the use of fever-lowering medicines, like Tylenol.
- If not feeling well, associate should use their best judgment whether or not to stay off work in order to minimize the spread of their cold germs.