

# GUIDANCE FOR ATTENDANCE AT WORK, SCHOOL OR GROUP ACTIVITY RELATED TO INFLUENZA OR INFLUENZA-LIKE ILLNESS (ILI)

## Influenza (“Flu”)

Look for these main symptoms:

Other symptoms may include:

**FEVER - 100°F or greater or feeling feverish/chills (not everyone will have fever)**

**PLUS**

- **Cough - or -**
- **Sore Throat**

- **Muscle or body aches**
- **Headache**
- **Fatigue**
- **Runny or stuffy nose**
- **\*Diarrhea**
- **\*Vomiting**

\*Mostly occur in children under 5 years of age

Certain chronic medical conditions increase a person's risk of flu complications. Adults 65 years or older, children younger than 5 years old, pregnant women and women up to two weeks postpartum, and people living in long term care facilities and nursing homes are at high risk from flu.

## IF YOU THINK YOU HAVE THE FLU:

- **Onset** of symptoms ranges 1-4 days, usually by day 2 after exposure.
- **Stop the spread.** People with flu are most contagious in the first 3-4 days of illness. Flu viruses may be spread from one day before symptoms to 5-7 days after becoming sick.
- **Stay at home** until at least 24 hours after fever or signs of fever are gone and without the use of fever-reducing or treatment medication. For a typical duration of symptoms including a fever, most people will be home between 3 and 5 days.

*Guidance measures cited above are subject to change as flu conditions become more severe.*



### For more information:

- Connecticut Department of Health
  - (860) 509-8000
  - [www.ct.gov/dph/flu](http://www.ct.gov/dph/flu)
- Greenwich Department of Health
  - (203) 622-7836
  - [www.greenwichct.org](http://www.greenwichct.org)
- Centers for Disease Control (CDC)
  - (800) 232-4636
  - TTY: (888) 232-6348
  - [www.cdc.gov/flu](http://www.cdc.gov/flu)

### TO REDUCE THE SPREAD OF FLU:

- **Seek medical attention early.**
- **Cover your mouth and nose** with a tissue when you cough or sneeze. Use a sleeve or elbow if tissues are not available.
- **Wash your hands regularly** with soap and water or use alcohol-based hand gel (60% alcohol) when water is not available.
- **Avoid touching your eyes, nose or mouth.**
- **Clean and disinfect surfaces and objects.**
- **Avoid close contact with people who are ill.**
- **Stay home from work, school, or group activity when you are ill.**
- **Take all medications as prescribed, even when feeling better.**

**GREENWICH DEPARTMENT OF HEALTH**  
**WWW.GREENWICHCT.GOV**

**203-622-3782**

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