

RESPIRATORY VIRAL ILLNESS (including Influenza)

STAY AT HOME - RETURN TO WORK
GUIDELINES FOR STAFF*

SYMPTOMS OF A RESPIRATORY VIRUS		WHEN SHOULD I STAY HOME?	WHEN CAN I RETURN TO WORK?
RESPIRATORY SYMPTOMS WITHOUT FEVER	<ul style="list-style-type: none"> • Runny nose • Sinus congestion or stuffy nose • Post nasal drip • Shortness of breath • Cough • Chest tightness or wheezing • Sputum (phlegm) production • Sore throat • Sneezing • Watery eyes • Ear pain 	<p><i>If work in a SCCA clinic,</i> stay home if have one or more symptoms</p> <p><i>If work in an off-site, non-clinical building, and not entering clinic,</i> stay home if have two or more symptoms</p>	<ul style="list-style-type: none"> • Symptoms have <u>significantly</u> improved AND • Coughing, sneezing, nose blowing is infrequent, controllable, and does not interrupt patient care or work [1,2,3] AND • A minimum of 24 hours after onset of symptoms [4] AND • You do not feel you would be likely to infect a patient
RESPIRATORY SYMPTOMS WITH FEVER	<p>Presumed Influenza</p> <ul style="list-style-type: none"> • Fever (T38C or 100.4F) • Cough • Sore throat • Nasal Congestion / Runny Nose • Myalgia (body aches) 	<ul style="list-style-type: none"> • Temperature > 38°C or 100.4°F AND • One or more symptoms 	<ul style="list-style-type: none"> • At least 5⁽⁴⁾ days after onset of symptoms AND • No fever for 24 hours [4] AND • Symptoms have significantly improved AND • Coughing, sneezing, nose blowing is infrequent, controllable, and does not interrupt patient care or work [1,2,3]
FEVER	FEVER only	Temperature > 38°C or 100.4°F	<ul style="list-style-type: none"> • No fever for 24 hours [4]

*Staff includes SCCA employees, affiliates, temporary workers, trainees, volunteers, students, observers and vendors

See back of card for more details

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FOOTNOTES

- 1) **Staff are not allowed to wear masks** when symptomatic. If a staff member requires a mask to control respiratory secretions, they should refrain from working until symptoms are well-controlled.
- 2) Assumes the individual has **not** taken fever-reducing medication (e.g. Tylenol, Motrin, Aspirin); note that some over counter cold medications contain these medications as well.
- 3) Staff who are feeling better, but continue to have symptoms after 4 days should contact Occupational Health or Infection Prevention team.
- 4) For the purposes of counting the days, the onset of symptoms happens on Day 0. Day 1 begins the next calendar day (e.g., Symptoms begin on Sunday; Sunday is day zero; Monday is day one; and Friday is day five).

Questions about the process should be directed to:

Occupational Health at 667-3474

or

Infection Prevention at 288-1388/2252 or ip@seattlecca.org

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We care about the health and safety of you and of our patients and visitors. We all need to work together to minimize the risk of spreading respiratory viruses at SCCA. **Do not come to work if you are sick.** If you are unsure if you should come to work, consult with your manager, Occupational Health, or Infection Prevention.

In addition to the risk of infecting other staff, it's important to keep in mind that respiratory virus infections are a cause of significant morbidity and mortality among patients undergoing cancer care - **even very minimal symptoms can pose high risk for many SCCA patients.**

PREVENT THE SPREAD OF COLD AND FLU

- **STAY HOME IF YOU ARE SICK**
- **GO HOME IF YOU START TO FEEL SICK WHILE AT WORK**

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