

RESPIRATORY VIRAL ILLNESS (including Influenza)

	Respiratory virus symptoms	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 you work in an SCCA clinic, stay home if you have one or more symptoms</i></p> <p><i>If you work in an off-site, non-clinical building, stay home if have two or more symptoms</i></p>	<ul style="list-style-type: none"> • A minimum of 24 hours after onset of symptoms <p>AND</p> <ul style="list-style-type: none"> • Symptoms have significantly improved <p>AND</p> <ul style="list-style-type: none"> • Coughing, sneezing, and nose blowing is infrequent, controllable, and does not interrupt patient care or work <p>AND</p> <ul style="list-style-type: none"> • 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 (Temperature of 38C or 100.4F) • Cough • Sore throat • Nasal Congestion / Runny Nose • Myalgia (body aches) 	<ul style="list-style-type: none"> • Temperature > 38C or 100.4F <p>AND</p> <ul style="list-style-type: none"> • One or more symptoms 	<ul style="list-style-type: none"> • At least five days after onset of symptoms <p>AND</p> <ul style="list-style-type: none"> • No fever for 24 hours <p>AND</p> <ul style="list-style-type: none"> • Symptoms have significantly improved <p>AND</p> <ul style="list-style-type: none"> • Coughing, sneezing, and nose blowing is infrequent, controllable, and does not interrupt patient care or work
FEVER	FEVER only	Temperature > 38C or 100.4F	<ul style="list-style-type: none"> • No fever for 24 hours

- Staff includes Seattle Cancer Care Alliance employees, affiliates, temporary workers, trainees, volunteers, students, observers, and vendors.
- The guideline for the absence of a fever for 24 hours assumes the individual has **not** taken fever-reducing medication (e.g. Tylenol, Motrin).
- It is **not appropriate** for any staff member to wear a mask. If a staff member requires a mask to control respiratory secretions, they should refrain from working until symptoms are well-controlled.
- When counting the number of days from the onset of your symptoms, consider that the onset of symptoms happens on day zero. Day one begins the next calendar day (e.g., If your 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- 2252 or jp@seattlcca.org