

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

Influenza A (H1N1) *Look for these main symptoms*

FEVER (100°F or greater) ***plus***

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

Other symptoms may include

- **Body aches**
- **Headache**
- **Fatigue**
- **Runny or stuffy nose**
- **Nausea**
- **Chills**
- **Diarrhea**
- **Vomiting**

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, pregnant women and children/adolescents under 18 years old receiving long-term aspirin therapy may be at higher risk for influenza-related complications.

IF YOU THINK YOU HAVE H1N1 FLU:

- **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.
- **Stay at home** for a longer length of time (7 days from onset of symptoms and then 24 hours after symptoms have resolved) in health care settings, childcare facilities (children under 5 years of age) or places where a large number of high-risk people may be exposed.

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



TO REDUCE THE SPREAD OF FLU:

- **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 frequently touched surfaces with a disinfectant.**
- **Avoid contact with ill persons.**
- **Stay home when you are ill.**

For more information:

- Visit <http://www.cdc.gov/h1n1flu>
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov
- Greenwich Department of Health
 - (203) 622-7838
 - www.greenwichct.org