

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.

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