



Feeling sick?

Should you be at work today?



It is up to you to protect our guests, and each other, from infectious diseases. Is it safe for you to start work today?

Before reporting for work, talk with your supervisor if you have ANY of these symptoms.

You may have a gastrointestinal illness or stomach bug (and should not work) if you have

- Unexpected vomiting (in prior 24 hours)
- Diarrhea (2 or more episodes of runny or liquid stool (poop) in prior 24 hours)
- Jaundice (yellowing) of the eyes or skin

Foodborne illness is common. If you think you may have been exposed to someone infected with the big 5 foodborne pathogens (Shigella, E. coli, Salmonella, Hepatitis A, or Norovirus) or may be getting any of these symptoms, talk with your supervisor before reporting to work.

Skin infections usually begin with a cut or puncture to the skin. Tenderness/pain, swelling, redness of skin, and the skin being hot to the touch are typical symptoms. If the skin infection can be covered and the fluid leakage contained by bandages, and you have no fever (temperature), it may be safe to work. Check with your supervisor.

The main cold and flu season is from October to March. You have a much higher risk of being exposed to people with colds and flu during this period and should talk with your supervisor before work if you think you are getting a respiratory illness.

You may have a respiratory illness or bad cold (and should not work) if you have

- Sore throat with Fever over 100°F/38°C
- Coughing, sneezing, or wheezing with runny nose

You may have another communicable (spreadable) illness if you have

- Unusual tiredness (malaise) which may include body aches and/or headaches
- Dizziness and/or headache or body aches
- Fever or temperature over 100°F/38°C
- Pink eye or goopy discharge from eye
- Fluid drainage from a cut in the skin which may be yellow/green and foul smelling
- Infected sores (often yellow/green color with swollen, red, itchy skin)

