

Keep sick @ home

Got the flu? Don't bring it to work.

Is it influenza (the flu)?

Here's a quick way to see if you might have a serious viral infection, such as influenza (the flu).

You may have the flu or another serious viral infection if	It's probably allergies or a cold if
 In addition to the sniffles or sneezing, you are suffering from a headache, fever, chills, body aches or a severe cough. It came on suddenly. 	Your only symptoms are sniffles, sneezes or a mild cough. It came on gradually.
What to Do: Stay home or go home. See your doctor.	What to Do: Your call. Allergies are not contagious, but cold sufferers need to keep their hands clean and their cough covered. Stay home if you feel you might be contagious or a danger to others.



