

### **Appendix 6.5: Guidelines for Health Care Workers Who Are Symptomatic With Influenza-Like Illness (ILI):**

This document is a guideline and is not to be interpreted as a mandated requirement.

ILI is defined as

Fever over 38 degrees centigrade

**And** cough

**And** one or more symptoms of sore throat, arthralgia, myalgia or fatigue

Stay at home and rest if you have symptoms of influenza - like illness as defined above

The best way to treat the symptoms of influenza is:

- Get plenty of rest.
- Gargle with salt water if you have a sore throat.
- Use a cool mist humidifier to help with a stuffy nose.
- Water, juices, clear broths and soups help replace the loss of fluids
- Warm fluids may help loosen up mucus in your throat and lungs

See physician if you have any of the following:

- Breathing is difficult or painful
- Shortness of breath
- Coughing up blood
- Increased wheezing
- Fever for 3-4 days without getting better
- Feeling better then suddenly having a high fever or becoming sick again
- Extreme sleepiness, are difficult to wake up
- Being disoriented or confused
- Extreme ear pain

Remain home until your acute symptoms are resolved. This means no ongoing symptoms as described in ILI definition above. If you have a lingering non-productive cough but **no other symptoms**, you **can return to work**.

Staff who attend to work with acute symptoms and cannot adequately perform their functions, should be directed to remain out of the workplace until well.

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