

# Self Screening Tool

## SHOULD I COME TO WORK OR STAY HOME?

### Influenza A (H1N1)- Swine Flu/Avian Influenza

Good employees often think that they can make it through the work-day, even if they don't feel well. Staying home when you're sick has two benefits. It allows you to rest, convalesce and recover. It also protects your co-workers from getting and taking home a communicable disease to their families. In light of the recent influenza A (H1N1) outbreak, please ask yourself the following questions if you don't feel well. It may be appropriate for you to stay home or work from home until you're better.

**Symptoms:** (if 'yes' to majority of symptoms, please consult a doctor before you go to work)

1. Do you have a cough?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you have a fever (>100.5°F or 38°C)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you have a sore throat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you have nasal congestion or a runny nose?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you have nausea, vomiting and/or diarrhea?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you have shortness of breath?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you have difficulty breathing?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Are your eyes red or irritated?	<input type="checkbox"/> Yes <input type="checkbox"/> No

**Exposure Risk Factors:** (monitor closely for above symptoms and go home if symptomatic).

1. Have you recently traveled (within the past 10 days) to an Influenza A (H1N1) affected area?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Have you had close contact with ill persons exposed to Influenza A (H1N1) affected areas? <small>**Close contact is defined as living with, caring for, or having contact with respiratory secretions (within 6 feet of an ill person)</small>	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Have you had close contact with any birds (including ducks and chickens), pigs, people or material that have come into contact with birds or pigs in endemic (known flu) areas?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Please do the right thing for your health and the health of those around you!

If you have majority of the symptoms above and also answer yes to the below three questions, please consult to a doctor right away. It is a good idea to inform your managers at work.