



Should you stay home when you're sick?

YES!

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

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It is that time of year again when people aren't feeling well and have to decide if they are going to take time off of work or save their vacation/sick days. People have a variety of reasons as to why they choose to come to work when they are sick. Some feel they aren't sick enough, they want to save their time off for another day, there is no one to cover their workload, and many other reasons. Although these thoughts may seem logical to some, there are more important reasons why you should stay home when you are not feeling well:

1. You are contagious!

For most cold and flu viruses, you are contagious the day before symptoms arise and five to seven days after getting sick. Despite your attempts to cough into your elbow, you deposit germs all over doorknobs, keyboards, and cupboards in the office kitchen. Co-workers touch those surfaces and then the illness spreads!

2. You are more likely to make mistakes!

When you are not feeling well, you may make mistakes due to being tired, groggy or weak. Some medications may also cause side effects that may impair your ability to concentrate and even operate some equipment. If you chose to go to work, you may not be helping yourself or your co-workers. The term is called *presenteeism*. This is the opposite of absenteeism--it means that you are present in body, but may not be in mind. You tend to get little done, miss details and not function fully. Again, if you are contagious you risk spreading your illness to others.

3. You may stay sick longer!

Your body needs time to recover and fight off the illness so you can once again be your productive self. Stay home, hydrate and rest.

If you are still not sure if you should stay home, these symptoms should seal the deal:

- **Fever:** A fever is a sure-fire sign that you need to take a day off. It means that your body is working to fight off infection.
- **Achy:** Like a fever, body aches are signs that your body is battling a strong virus. During a cold, you may feel a bit achy, but the flu can bring on more intense body aches.
- **Severe sore throat:** Minor throat pain can occur with a common cold or upper respiratory infection. But severe sore throat may be a sign of a bacterial infection that should be evaluated by a healthcare professional.
- **Seeing colors:** Two colors are usually stay-at-home tip-offs - pink and green. Green mucus can be a sign of bacterial infection, and conjunctivitis, or "pinkeye," is a contagious infection commonly associated with the common cold.