

COMMON CONCERNS PEOPLE HAVE ABOUT THEIR HEALTH AND GOING TO WORK (cont.)

DISEASE	SIGNS & SYMPTOMS	CONTAGIOUS PERIOD	WORKPLACE RESPONSE & COMMENTS ON PREVENTION
Respiratory Flu (Influenza)	Sudden onset chills, fever, headache, muscle aches, fatigue, dry cough, sore throat, runny or stuffy nose	Most contagious in the first 3-4 days after illness starts	<ol style="list-style-type: none"> 1. Exclude from work place symptoms improving, usually 2-7 days and no fever for 24 hours or longer. 2. Thorough hand washing and cough etiquette 3. Antiviral treatment may be indicated for some contacts with chronic underlying medical conditions. 4. Encourage flu vaccine
Ringworm (Tinea Corporis)	1 or more ring-shaped or irregular shaped red lesions on skin with raised edges that may be blister-like or scaly. Typically found on the face, stomach, back, or arms.	Does not spread to others 48 hours after treatment is started	<ol style="list-style-type: none"> 1. Exclude from work for 24 hours after treatment has begun with an anti-fungal medication. 2. Cover lesions until gone.
Scabies	Tiny red dots in straight lines (burrows) usually found first between fingers but also on the wrists, elbows, thighs, beltline, abdomen, and buttocks. Intense itching at the site of the burrows becomes more intense at night or after exercise when warm.	Until mites and eggs are destroyed with a prescribed treatment.	<ol style="list-style-type: none"> 1. Exclude from work until day after prescribed treatment is started. 2. Refer to health care provider for diagnosis and treatment. 3. Preventative treatment for those having skin to skin contact. 4. Household cleaning.
Fifth Disease (Parvovirus B19)	Low grade fever, fatigue, distinctive facial rash (often referred to as slapped cheeks); lace-like rash on trunk/extremities.	Up to 7 days prior to development of rash.	<ol style="list-style-type: none"> 1. Routine exclusion is not recommended unless fever is present. 2. Pregnant women should consult with their health care provider.
Stomach Flu (gastroenteritis)	Loose, watery stools, abdominal cramps, often vomiting and fever, abdominal pain.	Throughout course of illness. Some remain contagious even after symptoms end.	<ol style="list-style-type: none"> 1. Hand washing and improved personal hygiene. 2. Refer to health care provider for diagnosis and treatment. 3. Exclude form workplace until no symptoms. 4. A person who works as a food handler or in certain healthcare settings should be excluded until <u>48 hours after the diarrhea/nausea has stopped.</u>
Strep Throat Scarlet Fever	Inflamed sore throat, fever, and headache, red and swollen tonsils, white patches or streaks of pus on the tonsils General skin rash, pale around the mouth, red spots in throat, red tongue.	10-21 days in untreated cases; 2-5 days after exposure	<ol style="list-style-type: none"> 1. Refer to health care provider for treatment. 2. Exclude from workplace until 12-24 hours after antibiotic treatment is started <u>no fever for at least 24 hours</u>
Hand, Foot & Mouth (Enteroviral)	Sore throat and mild fever lasting 1-3 days. –Mouth sores form on the cheeks, gums, or side of tongue. Vesicles may appear on the feet, hands, and buttocks. Rash looks like raised red spots that can turn into blisters	Virus is transmitted through the nose/throat, discharge, and feces during the acute stage of the illness. Can be transmitted in feces, as long as several weeks when no illness is apparent. Most contagious during the first week, can still spread for days or weeks after symptoms are gone.	<ol style="list-style-type: none"> 1. Thorough hand washing after contact with nose and throat discharge and feces. 2. Exclude from workplace until no fever is present and vesicles begin to subside.

AM I WELL ENOUGH TO GO TO WORK?



Wood County Health Department
111 West Jackson Street
Wisconsin Rapids, WI 54495
715-421-8911
715-387-8646



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