



Time for a sick day?

So you have the sniffles, a sore throat, and possibly a fever. Whether you're experiencing a cold or the flu, you're not at your best. There's also a chance that your presence at work or class could put others at risk. How do you know when you should take a sick day? While it's not always clear-cut, the following guidelines can help you decide.

	Go to work/class	Stay home
Fever	Your temperature is less than 100.5°F.	Your temperature is greater than 100.5°F.
Cough	Your cough is dry.	Your cough is "productive," with secretions.
Sore throat	You have a slightly sore throat. (Keep cough drops handy.)	It hurts to speak, swallow, or breathe.
Runny nose	Your nose is stuffy, but you can still breathe through it.	You are constantly using tissues in order to clear your nose.
Other factors	Other conditions such as stomach woes (diarrhea and vomiting), conjunctivitis (pink eye), a rash, or significant pain (from illness or injury) warrant time away for rest and recovery too.	

If you're still not sure, talk with your health care provider (preferably by phone) to review your symptoms and get a recommendation.

For more information about flu prevention, vaccination, and treatment: health.cornell.edu

