



# Keep sick @ home

**Got the flu?**  
Don't bring it to work.

## Is it influenza (the flu)?

Here's a quick way to see if you might have a serious viral infection, such as influenza (the flu).

### You may have the flu or another serious viral infection if...

- In addition to the sniffles or sneezing, you are suffering from a headache, fever, chills, body aches or a severe cough.
- It came on suddenly.

**What to Do:** Stay home or go home. See your doctor.

### It's probably allergies or a cold if ...

- Your only symptoms are sniffles, sneezes or a mild cough.
- It came on gradually.

**What to Do:** Your call. Allergies are not contagious, but cold sufferers need to keep their hands clean and their cough covered. Stay home if you feel you might be contagious or a danger to others.



**Keep Sick @ Home**  
If you've got the flu, your work is through.

More information at  
[www.health.utah.gov/epi](http://www.health.utah.gov/epi)  
or call 801-538-6191

