

## Self Screen of Health Care Worker for Influenza-Like-Illness and Fitness to Work

ILI is defined as *the acute onset of respiratory symptoms with fever and cough and one or more of the following symptoms: sore throat, muscle aches, joint pain, or weakness. Gastrointestinal symptoms (vomiting and diarrhea) may also be present and fever may not be prominent.*

### Step 1 – Screening

- Health care workers need to self monitor and report any symptoms of Febrile Respiratory Illness (FRI) and/or Influenza-Like-Illness (ILI) to Occupational Health and Safety.

1. Are you feeling feverish, had the shakes or chills in the last 24 hrs?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Is your temperature above 38 degrees Celcius?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Do you have: <ul style="list-style-type: none"> <li>New/ Worse cough (onset within last 7 days) OR</li> <li>New/ Worse shortness of breath (worse than normal)?</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> No
4. Do you have any of the following additional symptoms: <ul style="list-style-type: none"> <li>Sore throat</li> <li>Headache or body aches or joint pain</li> <li>Weakness or exhaustion</li> <li>Diarrhea or vomiting?</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Yes <input type="checkbox"/> Yes <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> No <input type="checkbox"/> No <input type="checkbox"/> No

### Step 2 – Determining Fitness to Work

- If you answered YES to Question 1 OR 2, and NO to Questions 3 and 4, you need to be off work until you are feeling well, and your fever has resolved for at least 24 hrs.
- If you answered YES to Question 1 OR 2, and a YES in Question 3 or 4 you need to be off work a minimum of 48 hours from symptom onset, and symptoms have resolved, other than a mild cough that may linger, and your fever has resolved for at least 24 hrs.
- If you answered NO to Questions 1 and 2, and answered a YES in Question 3 **AND** a YES in Question 4, you need to be off work a minimum of 48 hours from symptom onset and until 24 hours after all symptoms have resolved, other than a mild cough that may linger.
- If you are experiencing other symptoms not addressed above (ie. not related to ILI) and do not feel well enough to attend work, follow the normal process to a call in and report your absence.

### Step 3 – Call to Report your Absence

- Call your leader to report you will not be in due to illness.
- Call OHSS to report your symptoms identified above on day one of absence.** OHSS will return your call within 24 hours (Monday to Friday) to gather further information, provide some health teaching, and provide further direction as to fitness to work.