



## Deciding When to Stay Home

By Kathy Breitenbucher

Let's face it - we've all been in the situation where we don't feel well but have things that have to get done. When should you stay home and when can you continue to function?

"First, listen to your body" recommends Dora Richardson, CNP at After Hours Family Medicine. If you feel bad enough that getting out of bed is a chore, don't do it. You certainly don't want your coworkers to feel this way in a couple days. Richardson recommends the following:

**Diarrhea, Vomiting, Flu and Fever** - stay home. These are symptoms that are very contagious and should be managed at home.

**Runny nose, unproductive coughs** - At the onset of a cold you are the most conta-

gious. Germs are spread through your nose and mouth so for the first day or two of symptoms it is best to stay home.

If you feel well enough to be out and about, be considerate of others and be sure to cover your mouth and nose when you sneeze or cough. Always wash your hands thoroughly as often as possible during cold and flu season whether you are sick or not as that is the best way to prevent getting germs. Avoid touching your eyes, nose and mouth whenever possible and clean surfaces like phones, cell phones, and door knobs regularly.

Richardson stresses to her patients to stay home if you are sick whenever possible and if you are concerned, see a medical professional. Be considerate and don't spread germs!