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Health and wellness tips for your work, home, and life—brought to you by the insurance and health care specialists at The Reschini Group.

# Feeling Under the Weather?

## *Tips for determining when to take a day off*

It happens to the best of us... you feel a little sluggish and then go to bed, only to wake up with a fever, sore throat and throbbing headache.

You're disappointed that you don't feel well and are conflicted about whether to stay home from work. But you have a deadline on a big project, and so many other tasks require your attention.

No need to fret; a bit of practical common sense can lead you to make the right decision regarding whether to take the day off. Consider the following stipulations when determining if you need to spend the day in bed with some soup and a good book:

- *Are you able to successfully complete your job duties?* If you are too ill, you will not be able to accomplish what you need to throughout the day. Consider staying home until you feel well enough to perform at your best.
- *Is your illness contagious?* If you have been diagnosed with a viral or bacterial

illness, you can infect your coworkers. Consider staying home to contain your illness until you are no longer contagious.

- *Will a little rest do you some good?* If you run yourself rampant when you are already feeling under the weather, you will only make your condition worse. Consider staying home until your body has a chance to fight off some of your illness.
- *How will medications interfere with your abilities?* Some medications, such as opiates, can cause drowsiness, dizziness and other side effects that make driving and operating heavy machinery dangerous. If you are taking medications for your illness that could infringe on your ability to drive to work and safely complete job tasks, stay at home until you are no

longer taking this medication.

### **Other Issues to Consider**

- The common cold and flu are the most contagious within the first two days after symptoms begin.
- Resting for a day or two will aid in reducing a fever over 100.3 degrees, especially when it is accompanied by muscles aches, headache, runny nose, sore throat, fatigue and a cough.
- Sitting at a desk for long hours can be just as strenuous on your body as the hard labor of bending and lifting.



### **Did you know...?**

The common cold and flu are the most contagious when individuals first notice symptoms because of the intensity of the virus. However, others can be infected for several days or even a week after symptoms become evident.