

**RESPIRATORY VIRAL ILLNESS (including Influenza)  
UCSF STAY AT HOME - RETURN TO WORK  
GUIDELINES FOR STAFF <sup>(1)</sup>**

Symptoms	Stay At Home	Return to Work
<b>FEVER</b> <ul style="list-style-type: none"> <li>• Fever (T38C or 100.4F)</li> </ul>	T > 38C or 100.4F	<ul style="list-style-type: none"> <li>• No fever for 24 hours<sup>(2)</sup></li> </ul>
<b>RESPIRATORY SYMPTOMS WITHOUT FEVER</b> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Sore throat</li> <li>• Nasal Congestion / Runny Nose</li> <li>• Myalgia (body aches)</li> </ul>	One or more symptoms on high risk units <sup>(3)</sup>  Two or more symptoms on all other units <sup>(4)</sup>	<ul style="list-style-type: none"> <li>• 24 hours after onset of symptoms</li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>• No fever<sup>(2)</sup></li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>• Symptoms have significantly improved</li> </ul>
<b>RESPIRATORY SYMPTOMS WITH FEVER (presumed Influenza)</b> <ul style="list-style-type: none"> <li>• Fever (T38C or 100.4F)</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Nasal Congestion / Runny Nose</li> <li>• Myalgia (body aches)</li> </ul>	T > 38C or 100.4F and at least one symptom	<ul style="list-style-type: none"> <li>• At least 5<sup>(5)</sup> days after onset of symptoms</li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>• No fever for 24 hours<sup>(2)</sup></li> </ul> <b>AND</b> <ul style="list-style-type: none"> <li>• Symptoms have significantly improved</li> </ul>

<sup>(1)</sup> Staff includes all employees, faculty, temporary workers, trainees, volunteers, students, and vendors, regardless of employer. This includes staff who provide services to or work in UCSF Medical Center patient care or clinical areas.

<sup>(2)</sup> Assumes the individual has not taken fever-reducing medication (e.g. Tylenol, Motrin).

<sup>(3)</sup> High risk units include adult and pediatric hematology / oncology / BMT services (7 Long, 11 Long, 14L annex, Hematology / Oncology Outpatient Clinic, Infusion outpatient clinic, and Pediatric Treatment Center.) **For high-risk units, there is a zero tolerance policy of working while ill.**

<sup>(4)</sup> If you have received the seasonal influenza and H1N1 vaccine and work on units other than high-risk units, you may work with minimal symptoms if you adhere to excellent hand hygiene and wear a mask when performing direct patient care activities.

<sup>(5)</sup> For the purposes of counting the days, the onset of symptoms happens on Day 0. Day 1 begins the next calendar day. eg. Symptoms begin on Sunday; Sunday is day zero; Monday is day one; and Friday is day five. You can return to work **if well**.

Questions about the process should be directed to Occupational Health Services at 885.7580 or [OHS@ucsfmedctr.org](mailto:OHS@ucsfmedctr.org)