

## Wellness Agreement Between

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Employer

And

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Employee

### 2020: If you are Not Feeling Well

**Do you have a fever or chills AND a cough or sore throat?**

If "yes," you may have the flu or other communicable disease. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

**Please do NOT come to work if you are sick with a fever AND/ OR a cough or sore throat, or if you have any reason to believe you have contracted or may have been exposed to a communicable disease. This is necessary to protect the safety of your fellow employees.**

The Centers for Disease Control and Prevention (CDC) recommend that sick employees stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen). The specific recommendations may vary depending on exactly what disease you have; the rules for the current pandemic of COVID-19 require an extended quarantine. **Be sure to obtain your doctor's advice and discuss your situation with management before returning to work.**

Contact Name & Title \_\_\_\_\_ or email me at \_\_\_\_\_ if you have any questions.

Agreed:

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Employee Signature

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Date