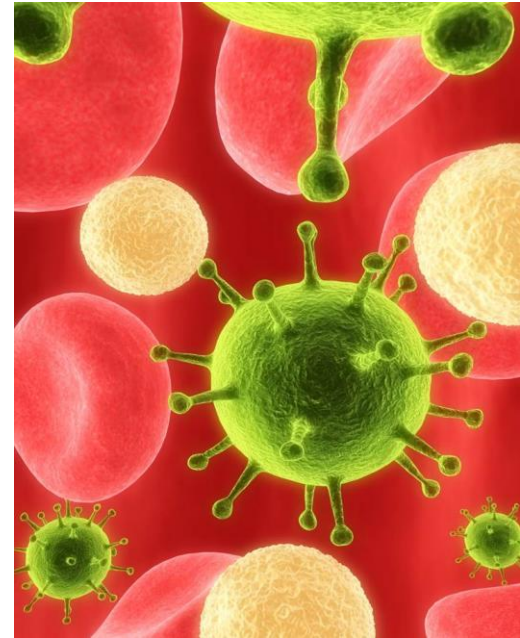


# Managing Infectious Illness

## If you are sick with something potentially infectious:

1. Notify Volunteer Services at 613-549-6666 ext 2359
2. Rest at home until you feel better



**If you are unsure whether you should come in to volunteer, check the next page for Reportable Symptoms. If you are still unsure you can call Occupational Health for an over-the-phone symptom assessment 613-549-6666 ext 4389**

# Reportable Symptoms

## 1. Acute Respiratory Illness (ARI) – at least 3 of:

- Fever
- Cough
- Headache or eye pain
- Myalgia
- Malaise
- Sore throat

## 2. Gastroenteritis – at least 2 of:

- Vomiting
- Nausea
- Diarrhea
- Chills or shakes
- Abdominal pain

## 3. Conjunctivitis or “pink eye”

- Redness of the eye
- Discharge around the eye

