



US COMPLIANCE

CARE
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GROW



NOT FEELING WELL?

Practices like skipping vacation days and staying late at the office have earned Americans the reputation of being workaholics. Ambition is great for motivation and morale, but it can also drive individuals to make some poor choices when it comes to their health. Here is some guidance for when you should stay home!

SHOULD I STAY HOME?

If you are not feeling well or have signs of illness, you should not come to work. Consider that the equipment, surfaces, tools, and machinery you work with are commonly shared, and so are your germs. Wellness in the workplace depends on your willingness to stay home when sick.

WHY SHOULD I STAY HOME?

you'll make your coworkers sick

When sick employees head to work, they are usually thinking about the work that must get done. Please consider that you will be putting all your colleagues at risk. Both direct contact with someone who is ill and breathing contaminated air can spread illness.

it will take you longer to get well

Working yourself too hard in the early stages of illness can lead to a longer recovery since inadequate rest can compromise your immune system.

your work performance will suffer

Trying to work when you feel ill almost guarantees you will be less productive and a lot more likely to make mistakes.

you could get into a serious accident

Those suffering from a cold or flu experience a 10% decrease in reaction time when using a driving simulator. That does not sound like much, but it could be the difference between a serious accident and a mere fender bender.

Always remember the greatest wealth is health.