



Sick or Not Sick?

Should you be at work today?

Want to test your knowledge about whether an employee is too sick to work? Can they be allowed to do food preparation or do they need to be put on restricted duty or sent home?



Questions:

	SICK	NOT SICK
1: The employee vomited once last night, but has not vomited this morning and shows no other symptoms of being sick.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2: The employee's eyes appear to have developed a yellow color over the weekend. They feel a bit tired, but otherwise do not appear to be sick.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3: The employee's eyes are puffy and their nose is runny, but they do not have a fever or sore throat.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4: The employee has a sore throat and fever of 101.1°F (38.4°C), but is not coughing or sneezing.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5: The employee had diarrhea last night and in the morning before reporting to work, but otherwise does not have symptoms.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6: The employee has a cut on their hand that can be covered with a bandage, but there is liquid from the cut saturating the bandage. The area around the cut is red and swollen and the area inside the cut is yellow and crusty. The skin is hot to the touch.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7: The employee felt fine when they reported for work, but had to leave their station for the bathroom and when they return, they state that they vomited and had diarrhea while in the bathroom.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8: The employee has coughed several times since the start of their shift, but is not coughing phlegm, does not have a fever or sore throat, and otherwise feels normal.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9: The employee was out drinking the night before and complains of a dry scratchy sore throat. They have coughed several times, but are otherwise not showing signs of being sick.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10: The employee says their spouse is sick with the flu, but the employee is not showing any symptoms of having the flu themselves.	<input checked="" type="checkbox"/>	<input type="checkbox"/>



Answers:

	SICK	NOT SICK
1: Not sick. This employee may have vomited for a number of reasons that have little to do with foodborne illness and as long as they do not show other symptoms and do not vomit again, they should be allowed to work.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2: Sick. Yellow eyes or skin are a sign of Hepatitis A infection and the employee should not be allowed to work until they have been evaluated by a physician.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3: Not sick. Not sick, but more questionable. A runny nose can signal a respiratory infection, but a lack of fever or sore throat likely means they have allergies or a type of allergic reaction. They can be allowed to work, but should be monitored to ensure they do not transfer respiratory secretions and should be expected to follow good respiratory hygiene practices (use of a tissue to blow their nose, scrupulous hand washing after blowing their nose, covering their nose/mouth with their elbow when coughing or sneezing). Consider restricting the employee from food preparation until their symptoms resolve.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4: Sick. Fever over 100°F (38°C) and sore throat indicates the start of a cold or flu or what could be some other infection. Any employee with a high fever should see a physician and stay away from work for at least 24 hours after the fever stops (without needing medicine to control the body temp).	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5: Sick. While the employee may not feel very sick, more than one instance of diarrhea in a 24 hour period indicates a gastrointestinal infection (stomach bug) and they should not be allowed to work for at least 24 hours after the diarrhea stops.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6: Sick. The cut is likely infected and they need to see a physician to determine if they need antibiotics. Even if the bandage can contain the drainage, the bandage is likely to become saturated and start to drip at some point during the day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7: Sick. Foodborne illness can have a sudden onset and this worker should be sent home. Also the bathroom they used (stall, sink, and other touch surfaces) and the station they were working at should be immediately cleaned with disinfectant to ensure they don't infect someone else. Some foodborne illnesses are highly contagious, so monitor other employees to see if they develop symptoms of illness as well.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8: Not sick. Coughing is a common reaction to many things. As long as they are using good respiratory hygiene, and are using hand sanitizer/soap and water and tissues as needed, they can be allowed to work.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9: Not sick. The employee most likely is dehydrated and should drink several glasses of water. If they start to feel sick, develop a fever or start coughing up phlegm, they should be reassessed.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10: Not sick. If the employee does not have symptoms, they can be allowed to work. However they should be monitored to see if they develop symptoms of illness.	<input type="checkbox"/>	<input checked="" type="checkbox"/>

How did you do?

- 1-3 correct** New to the role. You will want training on how to determine when workers are too sick to work.
- 4-6 correct** Needs additional training. You will want refresher training on how to determine when workers are too sick to work.
- 7-9 correct** Excellent. You may want to review the questions you got wrong, but otherwise you are highly knowledgeable.
- 10 correct** Superstar. You are ready to be a trainer.