Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Lawley

FEELING UNDER THE WEATHER?

It happens to the best of us—you feel a little sluggish when going to bed, only to wake up with a fever, sore throat and headache. You're disappointed that you don't feel well and are conflicted about whether to stay home from work. But you have a deadline on a big project, and so many other tasks require your attention.

No need to fret; a bit of practical common sense can lead you to make the right decision regarding whether to take the day off. Consider the following stipulations when determining if you need to spend the day in bed resting.

- **Are you able to successfully complete your job duties?** If you are too ill, you will not be able to accomplish what you need to throughout the day.

- **Is your illness contagious?** If you have been diagnosed with a viral or bacterial illness, you can infect your co-workers.

- **Will a little rest do you good?** If you run yourself ragged when you are already feeling under the weather, you will only make your condition worse.

- **How will medications interfere with your abilities?** If you are taking medications for your illness that could adversely affect your ability to drive to work and safely complete job tasks, stay at home until you are no longer taking the medications.

Other Issues to Consider

The following are other points to consider when deciding whether to stay home:

- The common cold and flu are at their most contagious within the first two days after symptoms begin.

- Sitting at a desk for long hours can be just as strenuous on your body as the hard labor of bending and lifting.

- Resting for a day or two will aid in reducing a fever over 100.3 degrees, especially when it is accompanied by muscle aches, runny nose, headache, sore throat, fatigue and a cough.

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