



PNW Illness Guidelines for Participants and Volunteers

I feel sick, should I stay home?

Staying home when sick is the most important thing you can do to protect others and prevent the spread of disease. Flu viruses are mostly spread from a sick person to others by coughing or sneezing. If you come to PNW when you are still spreading the virus, you will put others at risk.

If you have any flu symptoms (sudden onset of illness, fever higher than 100 degrees F, chills, cough, headache, sore throat, stuffy nose, muscle aches, feeling of weakness, diarrhea, vomiting, or abdominal pain), you should definitely stay home. You should stay home both while you have a fever and for the 24 hours after the fever has gone.

People older than 65 years or younger than 5, pregnant women, and people of any age with medical conditions (like diabetes, asthma, immune suppression, or chronic lung disease) are most at risk for severe illness from the flu. If you are spreading a virus, you don't know if you are exposing someone with higher risk of severe illness.

My school is closed. Should I come to a Passages Northwest program or event?

If you have no symptoms of illness, and have not had any symptoms for 24 hours since you were last at school or exposed to a sick person, there is no reason to stay home.

What do I do if I get flu-like symptoms? Do I need to call a doctor?!

If you get the flu, rest, get plenty of fluids, and watch for complications. Use ibuprofen or acetaminophen for pain and fever symptoms (don't use aspirin for teenagers or young people because it can cause Reye's syndrome, a life-threatening illness).

Call a doctor if an ill person has difficulty breathing, has bluish color around the lips, coughs up blood, complains of pain or pressure in the chest, shows signs of dehydration, appears confused or doesn't respond appropriately, has convulsions, or gets worse after appearing to improve.

What can I do to prevent getting the flu virus?

The single best thing you can do to avoid getting the flu virus is to wash your hands frequently with soap and water (for at least 20 seconds), or use alcohol-based hand sanitizer. Passages Northwest will encourage frequent hand washing and will encourage everyone to cover their mouth and nose when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.

PNW strives to build a supportive and diverse community. We welcome and respect diversity of background, experience, identity, and opinion in our participants, staff, and volunteers. We embrace people of any race, color, national origin, ethnicity, socioeconomic class, family make-up, religion, age, ability, sex, gender identity, gender expression, and sexual orientation.