

# Six Common Office Illnesses and Their Contagious Periods

Every year around this time, the office starts crawling with employees too proud to stay home and admit they're sick. Maybe they feel like they're not so sick that they can't work, maybe they want you to suffer with whatever has them squinting at the bright lights and reaching for the office medicine cabinet, or maybe they just don't know when they're contagious and should just work from home.

## Rhinovirus (Common Cold)

### SYMPTOMS

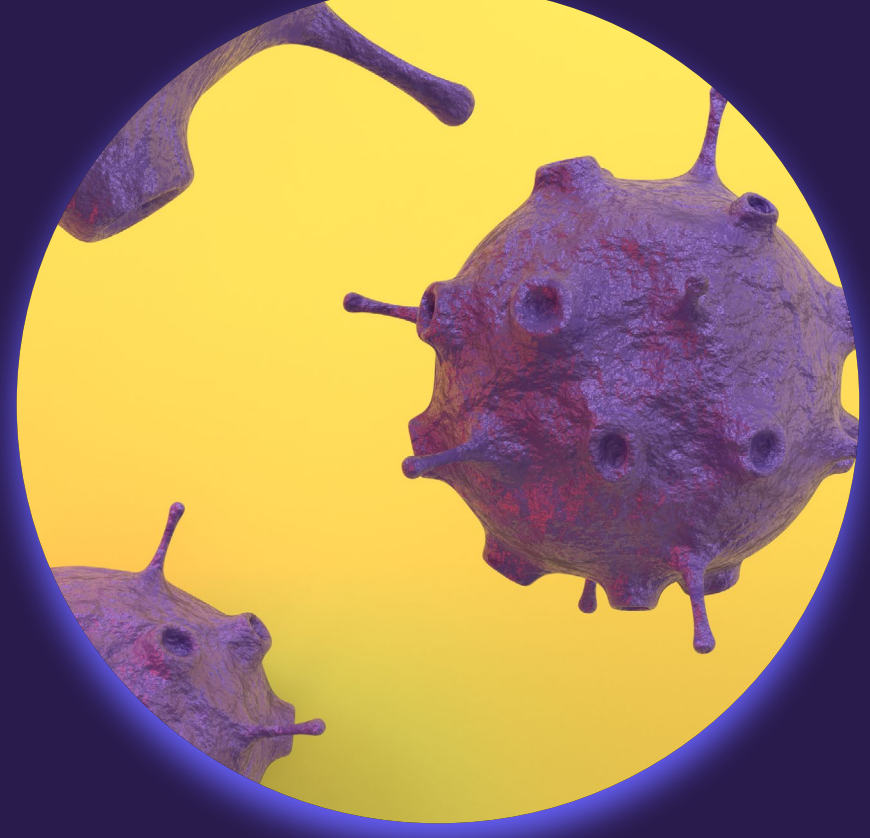
Stuffy nose, sneezing, coughing, sore throat

### TO PREVENT

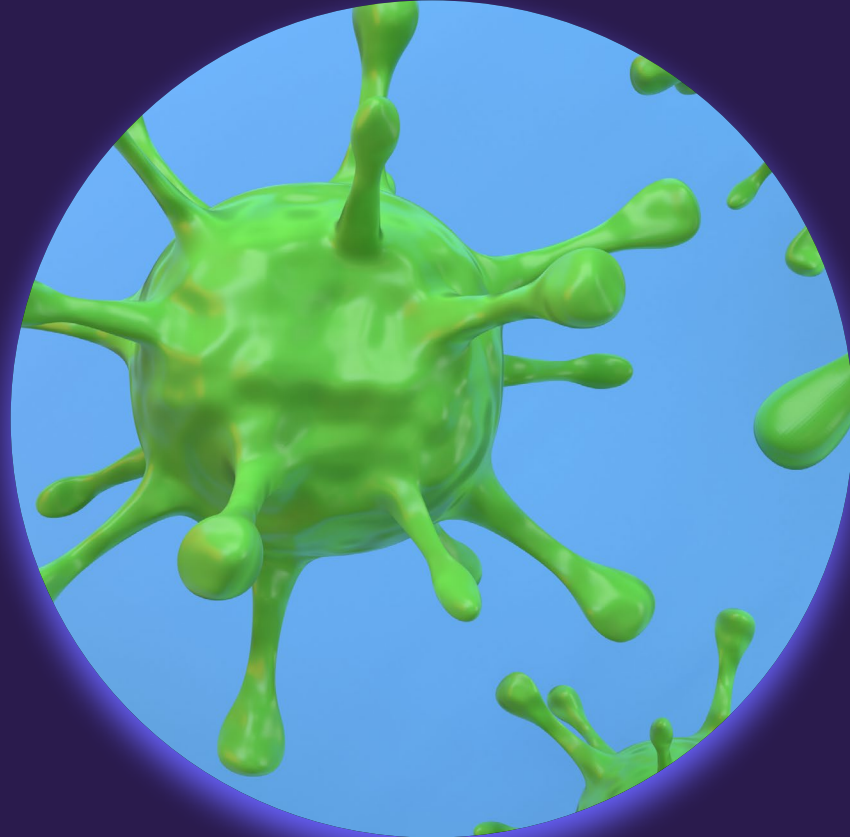
Avoid close contact with cold sufferers. Avoid touching your eyes, nose or mouth. Wash your hands. Disinfect frequently touched items like keyboards, phones, remotes and doorknobs.

### CONTAGIOUS PERIOD

1-5 days



## Influenza (Flu)



### SYMPTOMS

Fever, chills, headache, muscle aches, fatigue, cough, runny nose

### TO PREVENT

Avoid close contact with flu sufferers. Avoid touching your eyes, nose or mouth. Wash your hands. Disinfect frequently touched items like keyboards, phones, remotes and doorknobs. Many opt to get a yearly flu shot.

### CONTAGIOUS PERIOD

1-7 days

## Respiratory Syncytial Virus (RSV)

### SYMPTOMS

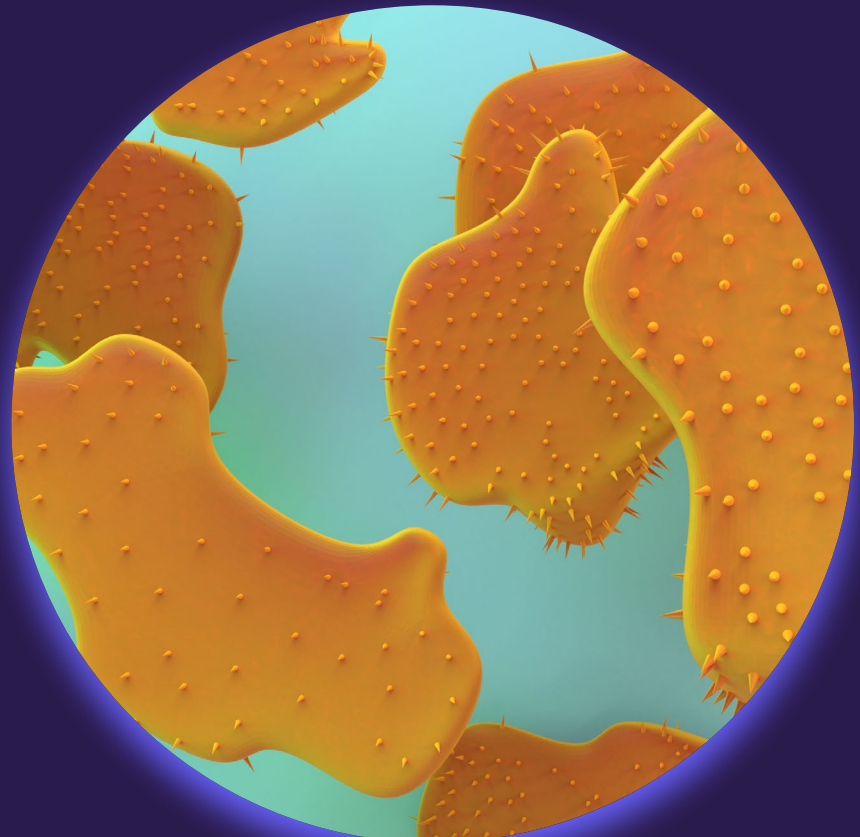
Cough, stuffy or runny nose, earache, fever

### TO PREVENT

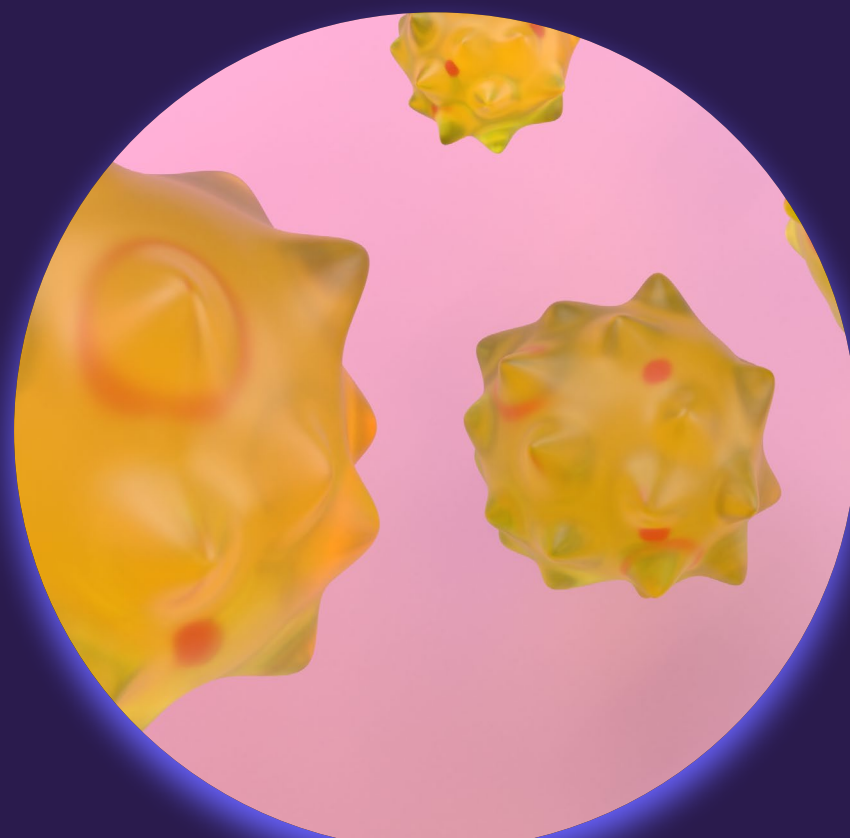
Avoid close contact with RSV sufferers. Avoid touching your eyes, nose or mouth. Wash your hands. Disinfect frequently touched items like keyboards, phones, remotes and doorknobs

### CONTAGIOUS PERIOD

2-8 days



## Gastroenteritis (Stomach Flu)



### SYMPTOMS

Fever, vomiting, diarrhea

### TO PREVENT

Avoid close contact with stomach flu sufferers. Avoid touching your eyes, nose or mouth. Wash your hands. Disinfect frequently touched items like keyboards, phones, remotes and doorknobs.

### CONTAGIOUS PERIOD

1-6 days

## Streptococcus (Strep Throat)

### SYMPTOMS

Throat pain, difficulty swallowing, swollen tonsils, fever, headache

### TO PREVENT

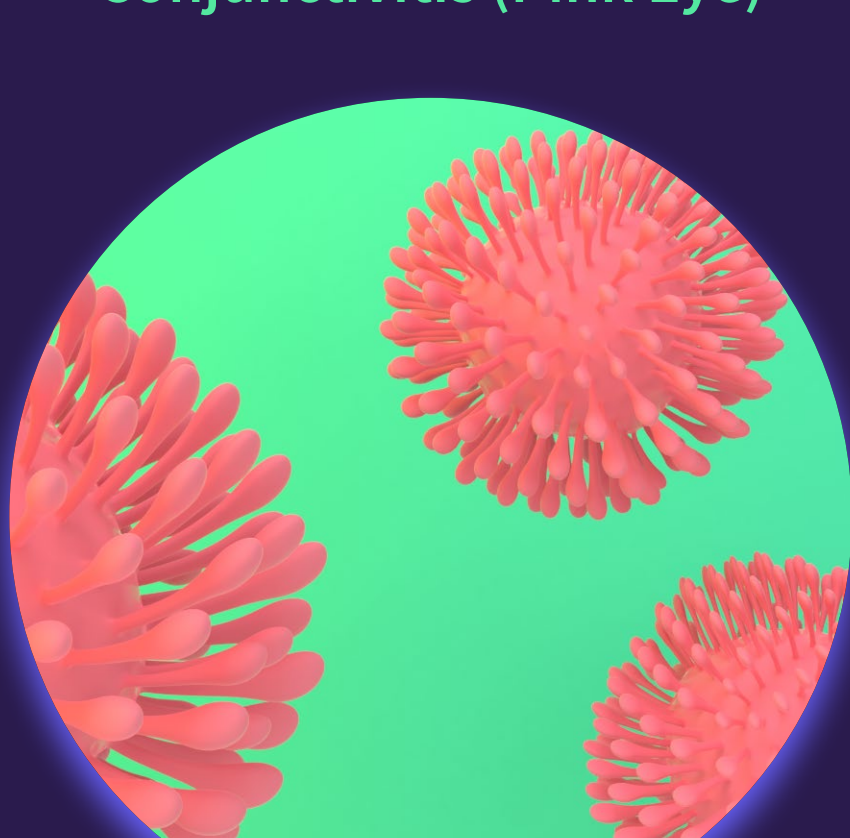
Avoid close contact with strep throat sufferers. Avoid touching your eyes, nose or mouth. Wash your hands. Disinfect frequently touched items like keyboards, phones, remotes and doorknobs.

### CONTAGIOUS PERIOD

21 days if untreated or 24 hours after treatment



## Conjunctivitis (Pink Eye)



### SYMPTOMS

Eye discharge, crusting around the eye, itchiness, tearing, redness

### TO PREVENT

Avoid close contact with pink eye sufferers. Avoid touching your eyes, nose or mouth. Wash your hands, towels and pillowcases. Disinfect frequently touched items..

### CONTAGIOUS PERIOD

3-7 days

So what should you do if you're coming down with something at work? Be the office hero and just stay home! Many of these viruses can be spread before your symptoms peak and well after you're feeling better. If you're contagious but still feel good enough to work, then go ahead and do it—but spare us all and do it from home.

Video conferencing lets you connect with your team even when you can't be there in person. Human germs can't spread through video, and everyone in the office will thank you for saving them from the rhinovirus, influenza, respiratory syncytial virus, gastroenteritis, streptococcus, conjunctivitis or whatever other illness plagues you.

Download the free 14-day Lifesize trial, and if you're up for it, get some work done from home. If you're not, rest.

[Free trial](#)