

# Should I Call in Sick?



1

## Start Here: How Are You Feeling Today?

You may want to consider time off if you are:

- Feeling physically unwell (pain, nausea, fever, stomach issues)
- Feeling mentally unwell (overwhelmed, anxious, shut down, burnt out)
- Too tired to focus, think clearly, or work safely

If **yes**, continue below.

2

## Can You Do Your Job Safely and Effectively Today?

Ask yourself:

- Can I focus enough to do my main tasks?
- Can I work without risking mistakes, injury, or burnout?
- Would working today make my symptoms worse?

If **no** → Taking a sick day or personal day is reasonable.

If **yes** → Continue to Step 3.

3

## Could You Manage With Support Instead of Time Off?

You might try:

- Taking prescribed medication or using pain relief
- Taking more breaks than usual
- Working at a slower pace
- Asking for quiet space, remote work, or flexible hours
- Taking a short walk, stretching, eating, or hydrating

If support helps → **You may be able to work today.**

If support does not help → **Consider taking time off.**

4

## Think About

- Could you get coworkers sick?
- Would your reduced capacity affect safety or teamwork?

If **yes**, staying home may be the best choice.



Reminder: Taking time off when needed helps you return healthier and more productive. It's part of sustaining employment, not failing at it.

# Important Reminders



## If This Happens Often

- Talk to a doctor about ongoing symptoms
- Ask your employer about accommodations
- Consider documenting patterns (fatigue, stress cycles)

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## Tips for the Future

- Plan rest and recovery time proactively
- Use personal days before reaching burnout
- Talk to your team about learning the difference between stress, illness, and fatigue

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## Things to Keep in Mind

- Taking a sick day does not mean you are unreliable
- Showing up sick can sometimes cause more harm than good
- Long-term sustainability matters more than one day of work

