



# Don't pick if you're sick

Staying home can keep you from  
accidentally making others sick.



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## Why?

If you have symptoms such as diarrhea, vomiting, nausea, abdominal pain or cramps, and/or fever, you may have a foodborne illness that could be spread to others. Washing your hands with soap and water after being sick or using the bathroom can help keep others from getting sick too.