

So your feeling a bit better from that nasty cold or flu and want to go back to school or work. Is it time? Only if you followed a certain time frame says Bridgett Pfaff with Gunderson Lutheran.

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She says even if you know its imperative you show up, even if you feel like you could drag yourself there despite feeling as lousy as you do, you still need to be mindful that you could be contagious and might pass on whatever ails you to coworkers or classmates.