Solve M.E. Patient and Caregiver Resource Guide: School and Work

Your symptom journal can be an invaluable tool to use with your employer or educators. Sharing your health information with your Supervisor or Teacher could lead to their sharing your information with Human Resources, School District Administrators or vice versa. Be selective about what information you share since it will likely be shared with others.

One month of charting can provide a snapshot of your current condition. Multiple months of charting can provide valuable information into the progression/regression of the illness. It is important to stress to your employer, or to your child's school, how urgently you/your child want(s) to return to normal and back to work/school and identify the barriers preventing you/your child from doing so. For more information about school and ME/CFS, see our Children and Young Adults with ME/CFS resource guide.

Work

There are multiple resources available for workers with disabilities. Visit the Job Accommodation Network's page on Chronic Fatigue Syndrome. Their *Accommodation and Compliance Series* has a list of accommodations that effective accommodations and comply with Title I of the Americans with Disabilities Act (ADA). It is important to note that these accommodations may not be appropriate for your situation, and should be discussed with your healthcare team.

The U.S. Department of Labor recently published guidance and resources for workers who are impaired by Long Covid. These resources can be helpful in the case of ME/CFS as well:

- COVID-19 Long Haulers and the Americans with Disabilities Act
- Requesting and Negotiating Accommodations During the Pandemic

- Dealing with Improper Requests for Medical Documentation from an Employer.

- Your Accommodation Request was Denied. What Now?

- Workers' Rights to Health Plan Information Fact Sheet

- Life Changes Require Health Choices...Know Your Benefit Options

- Work Changes Require Health Choices...Protect Your Rights