

## SAN ANTONIO METROPOLITAN HEALTH DISTRICT



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1 May 2009

Dear San Antonio or Bexar County Business:

This document provides our current recommendations for businesses operating in San Antonio and Bexar County related to the outbreak of Influenza A (H1N1) or “Swine Flu” cases occurring across the U.S.

Currently Metro Health, in accordance with guidelines from the State and the U.S. Centers for Disease Control and Prevention (CDC), encourages you to provide the following recommendations to your employees:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu.

If an employee has symptoms of influenza like illness they should be encouraged to stay home from work and limit contact with others to keep from spreading an infection. There is no reason to prevent employees that are not experiencing influenza like illness from completing their usual work activities.

It is important to note that we are **NOT** recommending the closure of businesses, cancellation of events or other normal business activities at this time.

Any changes to these recommendations will be posted to our website.

If you need more detailed information or to stay current on new recommendations as they come out please refer to our website [www.sanantonio.gov/HEALTH/swineflu.html](http://www.sanantonio.gov/HEALTH/swineflu.html) or call our Hotline at 210-207-5779 during between 8:00 a.m. and 5:00 p.m. Monday through Friday, and between 9:00 a.m. and 3:00 p.m. Saturday and Sunday.

A handwritten signature in black ink, appearing to read "Fernando A. Guerra".

Fernando A. Guerra, M.D., M.P.H.  
Director of Health  
San Antonio & Bexar County