

METRO HEALTH: Keeping You Healthy 24 Hours a Day



4 am Your baby is crying and wants to eat. You find her lying on her back, safely in her crib. Caseworkers from **Metro Health's** Healthy Start program taught you the benefits of breastfeeding your baby and the safe position to put her to sleep.



4 pm Your father calls and says the **Metro Health** Tuberculosis team was at his job site today. The team was testing employees after someone tested positive for the disease.



6 pm The family decides to go out to eat, and seeks out a local Por Vida-affiliated restaurant for a healthy meal. It's a relief to know that **Metro Health** is working with restaurants for more healthy choices.



8 am You drop off your four-year-old son at Pre-K 4 SA and turn in paperwork for him to get his flu shot. The Immunizations team at **Metro Health** is bringing its mobile clinic to vaccinate kids against the flu.



7 pm Back at home, you wash some strawberries for dessert with tap water that is fluoridated and safe to drink, thanks to **Metro Health**.



11 am Your sister texts that she left her WIC appointment and is headed to the grocery to buy fresh fruits and vegetables. **Metro Health** manages WIC; 10 clinics in San Antonio provide supplemental nutrition for women, infants and children.



8 pm You help your four-year-old brush his teeth. He mentions that he learned about flossing today. **Metro Health** teaches school children the importance of good oral health.



12 noon You meet a friend for lunch at a smoke-free restaurant with a perfect inspection score. Good thing San Antonio has a smoke-free ordinance, and **Metro Health** sanitarians are out checking every commercial kitchen to make sure your food is safe to eat.



9 pm You hear an ad on TV about free **Metro Health** diabetes classes to help people manage their disease. You write down the phone number for your mother so she can call to enroll.



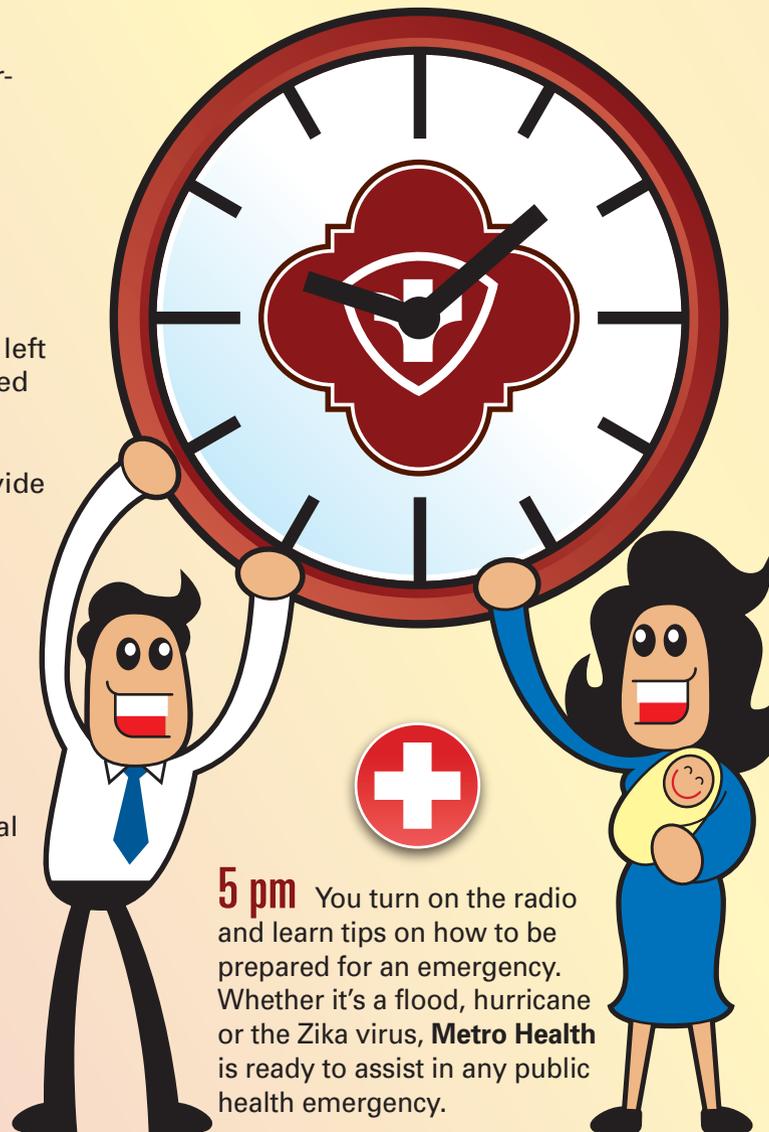
3 pm You go for a run knowing it'll be okay to do so. **Metro Health** alerts the public when it's an ozone health alert day. But not today — it's safe to go!



5 pm You turn on the radio and learn tips on how to be prepared for an emergency. Whether it's a flood, hurricane or the Zika virus, **Metro Health** is ready to assist in any public health emergency.



10 pm It's time to call it a day and turn off the lights. Thanks to **Metro Health** working behind the scenes, you and your family had another healthy and safe day.



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METROPOLITAN HEALTH DISTRICT
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