Text Messages for Businesses to Send to Employees

The following messages can be sent from businesses to employees through cell phone text messaging, Twitter, Facebook, and other social network channels.

**Prevention**
Wash hands often or use alcohol-based hand rub, especially after you cough or sneeze. Cover your mouth and nose with a tissue when coughing or sneezing.

**If You Are Sick**
If you’re sick with a fever, a cough or sore throat, don’t come to work. Please call your supervisor to tell them you are sick.

If you’re sick, stay home for at least 24 hrs after your fever has gone away.

If you are sick and are at higher risk for complications from flu or concerned about your illness, call your health care provider for advice.

**Symptoms**
You may have the flu if you have fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness.


**More Flu Information**
Get important 2009 H1N1 flu info from the mobile CDC Website at [http://m.cdc.gov](http://m.cdc.gov)

2009 H1N1 Flu and You. Q&A from CDC [www.cdc.gov/h1n1flu/qa.htm](http://www.cdc.gov/h1n1flu/qa.htm)