

## 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.

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**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.

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**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.

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

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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.

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

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What to Do If You Get Flu-Like Symptoms <http://bit.ly/hvsaS>

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**More Flu Information** Get important 2009 H1N1 flu info from the mobile CDC Website at <http://m.cdc.gov>

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

