



**Tarrant County
PUBLIC HEALTH**

*Safeguarding our
community's health*

Lou K. Brewer, RN, MPH
Director

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*Medical Director
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Subject: Ways to prevent H1N1 and seasonal influenza

TO: Resident of Tarrant County

Tarrant County Public Health, the Tarrant County Medical Society, and your physician consider the health of you and your family important, especially during this upcoming flu season. For that reason, Public Health officials in Tarrant County would like to take this time to remind you about everyday actions that can help prevent the spread of germs that cause respiratory illnesses, such as the seasonal and H1N1 influenzas.

Take these everyday steps to protect your health:

- 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.
- To keep from infecting others, stay home if you are sick until you have been without a fever (without the use of fever-reducing medications such as acetaminophen or ibuprofen) and symptom-free for 24 hours.
- Be prepared in case you get sick and need to stay home; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Develop a child care plan. If you can not miss work and stay at home, know who can care for your child should they become ill or are dismissed from school due to closure. A congregate care facility, such as day care, is not an option when a child is ill.
- Stay informed regarding the local public health advice regarding school closures, avoiding crowds and other social distancing measures.

If you have any questions about your health or the health of a family member, you are advised to seek the advice of your physician.

Sincerely,

A handwritten signature in blue ink that reads "Sandra K. Parker".

Sandra K. Parker
Tarrant County Health Authority/TCPH Medical Director