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Prevention is the best medicine, but a flu shot is still a good idea.

- **Metro employees asked to take precautions to stay healthy as flu season approaches**
- **First step: Get your regular seasonal flu shot at Metro on Sept. 22**

(Sept. 3, 2009) As the flu season approaches, this time swarmed with warnings about the H1N1 virus, Metro employees are being asked to take extra precautions to stay healthy and safe.

"The CDC (Center for Disease Control and Prevention) has issued warnings about a possible heavy flu season," said Stefan Chasnov, DEO of Metro Human Resources. "We are asking employees to prepare for that possibility by taking precautions to stay healthy."

The [memo](#) from Human Resources sent to all employees Sept. 1 tells us how. As the CDC sees it, there are eight ways to stay healthy at work. Follow this advice and trade in your sick days for vacation time.

Download your copy and staple to your cubicle: [8 ways you can stay healthy at work](#) (PDF)

As flu season approaches, the most obvious advice for employees and others to prevent its spread is to practice good hygiene, Chasnov said.

"Wash your hands often with soap and keep the common areas clean," advises Chasnov.

To avoid the potential spread of the flu through the workforce, Chasnov asks employees who develop flu-like symptoms to stay home. This means you have a fever or signs of a fever, such as chills, you're feeling very warm, you have a flushed appearance, or you're sweating.

Stepped-up sanitation efforts continue

General Services staff have instructed cleaning crews to continue efforts in keeping public areas at Metro Headquarters sanitized.

Alcohol-based hand sanitizers were installed throughout the Gateway building and at all divisions and Metro facilities earlier this year.

West Valley Division 8 Assistant Manager Bill Hesser reports that employees and visitors are using the hand sanitizers installed at strategic locations throughout the division. The areas include entrances and exits to the

Get your flu shot!

When: Tuesday, September 22

Time: 7:30 a.m. to 10:30 a.m.

Where: Metro Headquarters building, Gateway Plaza Conference Room, 3rd Floor

Who: You. Note: Family members are welcome.

Dress code: Short sleeves are appreciated.

Cost: \$25 cash or check

Purveyor: Passport Health
Info: www.passporthealthusa.com

Reservations are required:
RSVP to Raul Rodarte, 922.6865 or e-mail rodarter@metro.net

Screener: Bring this form with you to get vaccination

Flu Vaccine: What you need to know

Vacuna: Lo que usted necesita saber

Wash your hands often!



Anna Mercaldi disinfects hands at

transportation and maintenance buildings, as well as the kitchens, lunch areas and restrooms. "We've saved our personal disinfectant spray dispensers that were issued in the spring. In case we need refills, we won't have to replace dispensers," he said.

What about H1N1?

The memo notes that staff is working with the County Department of Public Health to secure a high priority for distribution of the H1N1 vaccine when it becomes available. Metro's corporate safety and human resources departments will continue to monitor the situation, Chasnov said.

Education, not scare tactics, will help manage reactions to scenarios that range from "ordinary" to "pandemic," said Scott Norwood, Corporate Safety Emergency Preparedness Manager.

"It's a good idea to become familiar with Metro's [pandemic plan](#)," said Norwood, who urges all employees to review the online document. The plan provides guidelines for each department to follow in the event a viral outbreak disrupts daily life on a global level.

As noted in the plan, a pandemic is likely to alter business functions by causing employee absenteeism, shortage of supplies, reduced ridership and health department restrictions. "The pandemic plan is consistent with Metro's policy to provide a safe and healthy working environment and a safe transit system for the public," he said.

--from Gayle Anderson

sanitizer installed on the 19th floor. Below, the devices are located near the elevator doors on every floor at Metro Headquarters.

