

Dear Customer,

Since 2000, Sizemore has been serving many industries, businesses, churches and schools with the healthy benefits of Green Cleaning. Our program is a comprehensive concept that goes beyond just focusing on the ascetics of our customers building. Our program is one that truly creates a healthy and productive environment.

Our cleaning program was developed from extensive research showing that the proper selection of cleaning products and equipment combined with correct procedures and training will result in a cleaner and healthier workplace. This approach to cleaning has never been more important then with the most recent outbreak of H1N1 virus (Swine Flu). Recent reports have noted that the key factor in preventing the likelihood of contracting the H1N1 virus is to maintain a healthy immune system. Studies have shown that by practicing good personnel hygiene along with working and living in clean, healthy environments can reduce the stress on the immune system.

Sizemore Janitorial Services standard cleaning practices has been proven to be better than those of traditional cleaning methods when it comes to addressing the health and well being of building occupants. Our process includes a "Color-Coding" program in which equipment and materials are coded by color therefore reducing the spread of harmful bacteria and viruses throughout your facility. We also use chemicals which have little, if any, negative impact on the buildings indoor air quality. Both of these factors have been proven to reduce the impact that cleaning has on the health and well being of the building occupants.

We are serious about keeping our customers updated on the H1N1 virus! It is our goal to educate you and assist you in reducing your exposure to environmental hazards that may have adverse effects on your health and well being. In doing this, we have included the attach information for you and your company to help reduce your exposure to H1N1 and become prepared for any worst-case scenarios.

For more up to date information regarding the H1N1 virus we have include a link from our website www.sizemoregreensolutions.com directly to the Centers for Disease Control and Prevention. (CDC)

Should you have any questions regarding this information or how we can better serve you, please don't hesitate to contact me at 1-800-445-1748 or your local Sizemore Inc. representative.

As always we are truly grateful for your business!

Sincerely,
Preston E. Sizemore, LEED-AP
Chief Operations Officer

www.sizemoreinc.com

Office Locations

Augusta, Georgia • Aiken, South Carolina • Athens, Georgia • Birmingham, Alabama • Cedartown, Georgia • Charlotte, North Carolina • Columbia, South Carolina
Columbus, Georgia • Dallas, Texas • Des Moines, Iowa • Dublin, Georgia • Greenwood, South Carolina • Huntsville, Alabama • LaGrange, Georgia • Macon, Georgia
Nashville, Tennessee • Savannah, Georgia • Statesboro, Georgia • Thomson, Georgia • Williamsburg, Kentucky • Franklin, Kentucky • Wilson, North Carolina



THE SWINE FLU OUTBREAK

FOR YOU

Background of Swine Flu
Symptoms of Swine Flu
Preventing of Swine Flu

FOR YOUR BUSINESS

Protecting Employees' Health
Steps Your Business Can Take
Planning for Swine Flu in the Workplace

SIZEMORE[™], INC.

Total Contract Services

Security • Staffing • Janitorial



For more information
visit us at: www.sizemoreinc.com

1-800-445-1748



THE SWINE FLU OUTBREAK

Background of the Swine Flu

WHAT IS THE SWINE FLU?

Swine Influenza is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu happen regularly in pigs. People do not normally get swine flu, but human infections can and do happen.

WHERE DID THE SWINE FLU START?

In Late March and early April of 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. The Center for Disease Control along with local and state health agencies are working together to investigate the situation.

WHAT WILL HAPPEN IF THE VIRUS SPREADS?

If the virus reaches Level 6, it will be considered a pandemic flu. A pandemic flu will spread rapidly and easily from person to person, affecting all age groups. The World Health Organization says a pandemic flu could effect 25-30 percent of the world's population.



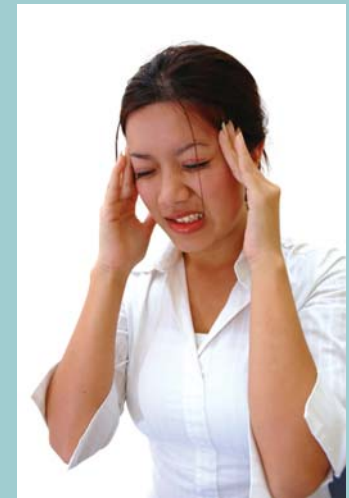
THE SWINE FLU OUTBREAK

Symptoms of the Swine Flu

Symptoms of swine flu in people are similar to the symptoms of a regular annual flu.



Fever
Cough
Sore Throat
Body Aches
Headache
Chills
Fatigue



Some people have reported diarrhea and vomiting associated with swine flu.

If you have any or all of these symptoms, it is recommended that you seek medical attention.

THE SWINE FLU OUTBREAK

Preventing the Swine Flu

Protect yourself from the spread of Swine Flu by:

1. Wash your hands often

2. Avoid touching eyes, nose or mouth

3. Cover mouth and nose with tissue
when coughing or sneezing

4. Avoid close contact with the sick

5. Stay home when you are sick

6. Practice other good health habits:

Get plenty of sleep, be physically active, manage stress,
drink plenty of fluids, eat nutritious foods and avoid smoking

7. Purchase and/or supply hand sanitizer to employees

Hand sanitizing is not to be used in place of good hand washing



When washing hands, be sure to
scrub with soap for at least 15 seconds.

THE SWINE FLU OUTBREAK

Protecting Your Employees' Health

Protect your employees' health by:

1. PRACTICE GOOD HYGIENE
2. Inform employee's of ways to prevent the spread
3. Clean and disinfect high touch surfaces frequently
On average, the virus can live on hard surfaces for up to 2 hours
4. Check inventory of disinfectants
5. Remind all custodial staff of the importance of proper procedures





THE SWINE FLU OUTBREAK

Steps Your Business Can Take

1. Check that existing contingency plans are applicable to pandemic
2. Check to see that core business can be sustained
3. Identify company's essential functions and individuals who perform them
4. Maintain healthy work environment by ensuring adequate air circulation
5. Determine which outside activities are critical to maintaining operations and develop alternatives if necessary
6. Establish or expand policies and tools that enable employee's to work from home
7. Expand online and self service options for customers
8. Tell workforce about the threat and steps the company is taking to prepare
9. Update sick leave, family and medical leave policies and communicate with employees about the importance of staying home if they are sick.





THE SWINE FLU OUTBREAK

Steps Your Business Can Take

1. Check that existing contingency plans are applicable to pandemic
2. Check to see that core business can be sustained
3. Identify company's essential functions and individuals who perform them
4. Maintain healthy work environment by ensuring adequate air circulation
5. Determine which outside activities are critical to maintaining operations and develop alternatives if necessary
6. Establish or expand policies and tools that enable employee's to work from home
7. Expand online and self service options for customers
8. Tell workforce about the threat and steps the company is taking to prepare
9. Update sick leave, family and medical leave policies and communicate with employees about the importance of staying home if they are sick.





THE SWINE FLU OUTBREAK

What Sizemore, Inc. Is Doing

Contacting clients with information

Available to answer and questions

Providing Sizemore Janitorial customers and custodial staff
with training and procedures for infectious diseases



THE SWINE FLU OUTBREAK

Additional Resources

Center for Disease Control site for Swine Flu:
www.cdc.gov/swineflu

Center for Disease Control site for Pandemic Flu:
www.pandemicflu.gov

World Health Organization:
www.who.org

American Red Cross:
www.redcross.org

Sizemore, Inc:
www.sizemoreinc.com
www.sizemoregreensolutions.com