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*City of Davis - City of West Sacramento - City of Winters  
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Ex Officio: CalTrans District 3 - University of California, Davis*

## **YOLOBUS SWINE FLU ALERT -- April 30, 2009**

### **Bus Riders:**

The World Health Organization has escalated the Swine Flu alert from level 4 to level 5. YOLOBUS employees are committed to making your public transportation ride safe and comfortable. With the current Swine Flu alert, we feel it is appropriate to let you know what we are doing and to share other information on the Swine Flu.

### **Currently, YOLOBUS is:**

- Having employees wash their hands more often.
- Using a disinfectant, scrubbing stanchions, hand rails, and other items on the buses that passengers may touch.
- Allowing drivers to wear masks if they so choose now. At some later point, all drivers may be required to wear a mask, though that is not required now

### **SWINE FLU UPDATE**

April 29, 2009 - Human cases of swine influenza A (H1 N1) virus infection have been identified in the United States. Human cases of swine influenza A (H1 N1) virus infection also have been identified internationally (Mexico, Canada, and Spain). The Centers for Disease Control (CDC) is working very closely with officials in states where human cases of swine influenza A (H1 N1) have been identified, as well as with health officials in Mexico, Canada and the World Health Organization. An investigation and response effort surrounding the outbreak of swine flu is ongoing.

### **Frequently Asked Questions**

#### **What is Swine Influenza?**

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs.

#### **Why is swine flu important?**

Approximately every 20-40 years, a new strain of the flu virus appears which is very different from the ordinary seasonal flu virus. When this happens most people do not have immunity to this new strain of flu virus and it can spread to many people, across the world, over a short period of time. This is called an influenza pandemic. Some people think that swine flu viruses might play a role in the start of the next pandemic.

#### **Can humans catch swine flu?**

People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people. However, since March 2009, over 80 human infections with swine flu have been verified world-wide, with 40 of them being reported in Texas, Kansas, California, New York, and Ohio in the United States. Should we emphasize cases in Mexico? Otherwise, it looks like the US is the biggest carrier.

#### **How does swine flu spread?**

Spread of this swine influenza A (H 1 N 1) virus is thought to be happening the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with

influenza. Sometimes people may become infected by touching something (e.g., desks, handrails, door knobs, etc.) where the flu virus is present and then touching their mouth or nose.

#### **What are the symptoms of swine flu in humans?**

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. If you begin exhibiting these symptoms, you should seek medical attention immediately.

#### **Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

**What if I recently traveled to a region where swine flu in humans has been found?** If you have recently traveled to an area affected by swine flu, be watchful for any flu-like symptoms. If you are experiencing any of these symptoms, stay home to avoid exposing others and contact. To diagnose any kind of flu virus, a swab of the inside of your nose needs to be collected by a doctor. Identification of a swine flu virus requires special laboratory testing.

#### **How can I protect myself and others from swine flu?**

You can protect yourself and others from swine flu the same way that you can protect yourself from seasonal flu. Avoid holding, hugging, kissing, or shaking hands with anyone who has a cold or the flu. Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer. Avoid touching your nose, mouth or eyes. Clean things that are touched often like door handles, telephones, etc. If you get sick with a flu-like illness stay home from work and school and avoid contact with others so the virus does not spread.

#### **What should I do if I get sick?**

People who develop any type of flu should make sure they get plenty of rest, drink lots of liquids, eat healthy foods, wash hands frequently and stay home so as not to spread the illness. The kinds of drugs used to treat other seasonal flu outbreaks called antivirals may also be used to treat the swine flu. There have been some flu strains, including the swine flu, that may be resistant to some but not all of these drugs.

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, contact your health care provider. Your health care provider will determine whether influenza testing or treatment is needed. If you are sick, you should stay home (contact your supervisor to report your absence) and avoid contact with other people as much as possible to keep from spreading your illness to others.

#### **Is there a vaccine for swine flu?**

No. Right now there is no vaccine for swine flu. According to CDC, it is unlikely that the vaccine for seasonal flu will prevent swine flu.

#### **Root Cause/Contributing Factors**

- Exposure to infected individuals .
- Failure to follow hand-washing and general personal hygiene procedures.

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# What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- 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 that way. Try to avoid close contact with sick people.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

## **Preventive Actions**

- Avoid contact with anyone showing signs of illness.
  - Washing your hands often will help protect you from germs.
  - Wash with soap and water or clean with alcohol-based hand cleaner. It is recommended that you wash your hands with soap and warm water for 30 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
  - Respiratory masks are not required at this point.
- BB.▪ The U.S. government is urging travelers to avoid nonessential travel to Mexico.

## **If I think I have Swine Flu, what should I do?**

People with mild or moderate illness can and should be cared for at home to prevent spread. Things people who have swine flu who are cared for at home should do include:

- check with your health care provider for any illness.
- check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- check with their health care provider about whether they should take antiviral medications .
- stay home for at least 7 days after onset of illness; or until free of symptoms (including fever) for 24 hours, which ever is longer .
- get plenty of rest .
- drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated .
- cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub

often and especially after using tissues and after coughing or sneezing into hands.

- never cough in the direction of someone else.
- avoid close contact with others - do not go to work or school while ill .
- be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention.

**Get medical care right away if the sick person at home:**

- has difficulty breathing or chest pain
- has purple or blue discoloration of the lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- has seizures (for example, uncontrolled convulsions) is less responsive than normal or becomes confused

**For More Information on swine flu go to:** [\*\*http://www.cdc.gov\*\*](http://www.cdc.gov)