

Who's at Greatest Risk from H1N1?

- Pregnant women
- Young people
- People with chronic health conditions (Asthma, COPD, etc.)

How is H1N1 spread?

The H1N1 virus is spread primarily through coughs or sneezes. Thousands of potentially infectious droplets are generated with each cough or sneeze and may travel up to 6 feet.

Infection May Happen When:

- Infected droplets land in or on the nose, mouth, or eyes of someone else.
- Infected droplets land on surfaces and are touched by others who can spread infection with their hands.



Web Resources for Further Information

- www.flu.gov
- www.cdc.gov/H1N1FLU
- www.who.int/csr/disease/swineflu/en/
- policy.rutgers.edu/ctssr

Caring for an Ill Person

If you or someone in your household exhibits an influenza-like illness, take the following actions to minimize the spread of disease:

- Designate one caregiver
- Clean frequently-touched surfaces regularly
- Practice proper cough and sneeze etiquette and remind others to do the same
- Keep ill person apart from other family members (in a separate room, if possible; or at least 6 feet from others)
- Keep household well ventilated

Preparing for H1N1

In response to widespread H1N1 infections, public health safeguards such as school closings and the cancellation of planned public gatherings may occur. Also, many people may stay home from work, impacting normal business operations.

Be Smart—Plan Ahead!

- Stockpile two weeks worth of non-perishable food and drink
- Have sufficient prescriptions and over-the-counter medications to meet your needs for two weeks
- Purchase cleaning supplies to disinfect surfaces and wash hands and clothes, to reduce disease transmission
- Prepare care-giving strategies to use if you or a family member become ill

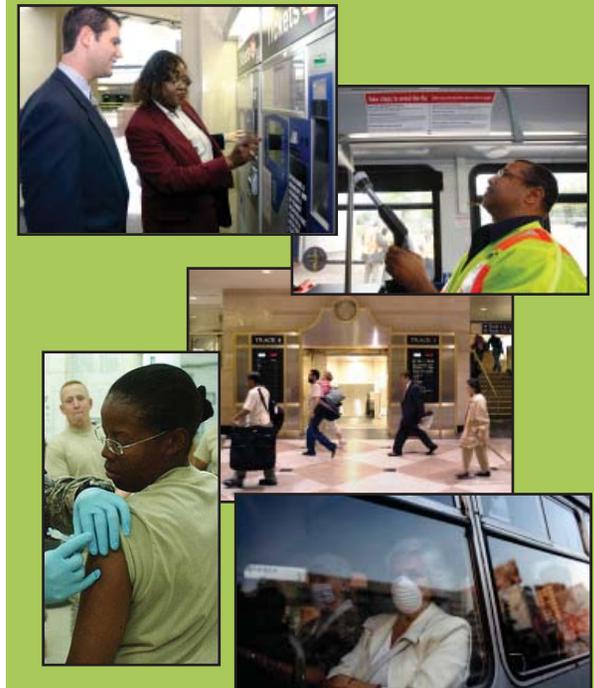
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Understanding H1N1 Risks in the Transportation Sector:

Disease Prevention and Awareness



Created by: The Center for Transportation Safety, Security and Risk,
policy.rutgers.edu/ctssr

Flu Basics

What is Seasonal Flu?

Seasonal flu is caused by viruses. Because these viruses mutate or change frequently, we are advised to obtain flu vaccinations each year.

What is H1N1?

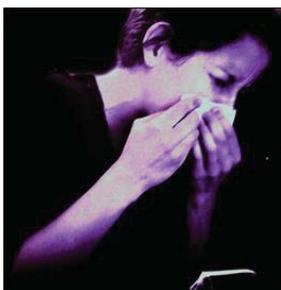
H1N1 is a type of flu that originated from a combination of human, swine and avian flu varieties. The symptoms of H1N1 are typically similar to those caused by seasonal flu, and include:

- Fever
- Lethargy
- Loss of appetite
- Coughing



Some people infected with H1N1 have also reported:

- Runny nose
- Sore throat
- Nausea
- Vomiting
- Diarrhea



What Should I Do if I Become Ill?

If you experience an influenza-like illness, you should:

- Stay home from work or school and avoid travel until 24 hours after fever subsides
- Drink plenty of clear fluids
- Rest
- Take over-the-counter medications to treat symptoms as needed

When Should I Seek Emergency Care?

Most people infected with H1N1 recover without medical attention, however, appearance of one or more of the following symptoms signals the need to see a doctor immediately:

Symptom	Children	Adults
Difficulty breathing	✓	✓
Unusual skin color	✓	
Severe vomiting	✓	✓
Nonresponsive/Irritable	✓	
Symptoms return with fever and worse cough	✓	✓
Chest/abdominal pain/pressure		✓
Confusion		✓
Insufficient fluid intake	✓	
Dizziness		✓

Preventing the Spread of H1N1

- Get vaccinated for both seasonal flu and H1N1
- Boost your immune system: eat a healthy diet, rest, minimize daily stress, and engage in regular physical exercise
- Practice proper cough and sneeze etiquette: use a tissue, dispose of it promptly and thoroughly wash your hands, or cough or sneeze into your upper sleeve to avoid passing germs to others
- Clean frequently-touched surfaces regularly using a commercial cleaner, disinfecting wipes, or a bleach and water solution
- Wash hands frequently using hot water and soap for 20 seconds, or a hand sanitizing gel containing 60-95% alcohol
- If you're sick, stay home until at least 24 hours after fever subsides without the use of fever reducing medicine. Distance yourself at least 6 feet from others to avoid spreading the virus.

