

METROLINK COMMUTER UPDATE

A black and white illustration of a Metrolink commuter train, showing several cars and the front engine, moving from left to right on a track.

May 5, 2009

Dear Metrolink Riders:

As the outbreak of swine influenza (swine flu) continues to evolve, Metrolink has instituted several additional precautionary measures to help protect the well-being of our passengers.

- All restrooms onboard all Metrolink trains now have antibacterial/antiseptic soap.
- This week, we will:
 - Add waterless foaming antiseptic hand sanitizer dispensers at each end of the bottom level of each car.
 - Assign cleaning crews to Union Station to clean the train restrooms, handholds on the stairs and seats each time a train comes through Union Station.
 - Add waterless foaming antiseptic hand sanitizer dispensers at Union Station – in the tunnel and at the top of each ramp on each platform.

Public health officials continue to state that the threat of spreading swine flu infections is a concern, but not a cause for alarm. We are in close coordination with state and federal authorities and the other transit operators in our service area on the actions public transit operators should take to help protect their passengers as they travel in close spaces. We are monitoring this evolving situation and will update you on any new public health recommendations or additional actions being taken by Metrolink.

As a reminder, the CDC recommends the following actions to help prevent the spread of airborne infectious diseases:

- If you are ill or have flu-like symptoms, avoid close contact with others as much as possible and the CDC advises that you do not go to work, school or travel (including not using public transportation).
- Avoid contact with people who are ill.
- Cover your nose and mouth when you cough or sneeze. Throw used tissues in a trash can.
- Wash your hands often with soap and water or use an antibacterial gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth.

If you are experiencing symptoms associated with the swine flu and have traveled to an affected area or have been exposed to someone possibly infected during the last seven days, report your illness to your doctor immediately and inform them about your recent travel. Symptoms include: fever (greater than 100°F or 37.8°C), sore throat, cough, stuffy nose, chills, headache and body aches, fatigue, nausea, vomiting and diarrhea.

For more information:

- Contact your local or state health department
- Visit <http://www.cdc.gov/swineflu/>
- Contact CDC at 1-800-CDC-INFO (232-4636) or TTY: 1-888-232-6348 or cdcinfo@cdc.gov