



"A Customer First Company" September 2009 Edition

Welcome to the September Edition of "On the Move"

H1N1 And Your Vanpool

Below is information sent out by Lorraina Meredith to her vanpool. We would like everyone to read her memo. Please discuss how you will handle sick riders on your van. Below is her memo:

"With the flu season upon us I thought it would be prudent to discuss H1N1 and how it could potentially impact our vanpool. As most of you probably know H1N1 was previously known as the Swine Flu. At this point H1N1 is considered a pandemic and most likely will be seen on a large scale this fall and winter. H1N1 is very contagious and is spread as most influenza is, through sneezing, coughing and touching objects or surfaces and then touching your mouth or nose.



The symptoms of this influenza is consistent with other types of flu; fever, cough, sore throat, runny or stuff nose, body aches, headache, chills and fatigue. Some people may also exhibit vomiting and diarrhea in addition to the previous symptoms. At this point there is no vaccine available to the public but hopefully later in the season one will be ready.

The CDC has asked that people displaying these symptoms, and/or have been diagnosed with the flu, attempt to distance themselves from others so as to not infect people needlessly. In fact, most colleges that have recently been struck have quarantined their infected students in special dorms until they are no longer sick and contagious. Keeping this in mind if you are sick and have symptoms consistent with the flu please stay home until you are well. The van is a very small and close environment and no doubt if we have anyone sneezing/coughing and in a contagious state it will impact the entire van. I hope that none of us have the misfortune this season to contract this flu, however, I will be very surprised if we all escape it. Thanks in advance for your cooperation and understanding."

We would like to recommend all of you read a publication from the CDC entitled "2009 H1N1 Flu (Swine Flu) and You" at <http://www.cdc.gov/h1n1flu/qa.htm>

Metro's H1N1 Precautions

"Metro is using an environmentally friendly disinfectant cleaner to wipe down surfaces throughout the Metro system to help keep riders and employees from catching the flu." Metro regularly cleans and disinfects surfaces such as fareboxes, steering wheels, seats, back-of-seat handles, floor-to-ceiling and seat-to-ceiling poles, overhead grab bars and handles, fare machines, fare gate targets and farecard slots.

Metro riders are urged to take basic precautions to protect themselves and their fellow riders, including frequent hand washing, covering the mouth and nose with a tissue when coughing or sneezing, or coughing or sneezing into the upper sleeve, not hands when a tissue is not available, and avoiding touching the eyes, nose and mouth. To keep their hands clean while traveling, riders should carry tissues, waterless hand-sanitizing gels or disinfecting wipes.

In preparation for a regional flu event, Metro has taken many actions, including the following.

- Established response phases that address the potential and actual levels of severity;



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- Coordinated planning with federal, state and local governments including health departments, emergency management agencies, and service groups;
- Continually stressed the importance of hand washing, good personal hygiene, and social distancing in preventing the spread of germs;
- Installed hand sanitizer stations in several workplace locations to minimize potential exposure to the work force;
- Increased its capacity and frequency of cleaning and disinfecting hand contact surfaces;
- Increased the complete disinfection of the Metrorail, Metrobus and MetroAccess vehicle interiors at more frequent intervals;
- Increased the magnitude of its seasonal flu vaccination program for employees;
- Established an H1N1 Flu customer outreach program that will include signs, public announcements, a web site and other communications tactics;

Information taken from a press release: Metro takes precautions to protect from H1N1 Flu released September 15, 2009

http://www.wmata.com/about_metro/news/PressReleaseDetail.cfm?ReleaseID=4062

Welcome Van 27 to the K&K Family!

We are excited to announce we have another new van traveling to Dahlgren, VA. Below is information about each van.

Van #V027

Coordinator: Craig Yachuw

Working hours 7:30 a.m. - 3:30 p.m.

Departs at 6:05 a.m.

Below is the schedule/route:

Morning Schedule:

Depart Wal-Mart @ Brook

and Parham Rd: 6:05 AM

Arrive NSWC - Dahlgren - B Side Only: 7:20 AM

Afternoon Schedule:

Depart NSWC - Dahlgren - B Side Only: 3:30 PM

Arrive Wal-Mart @ Brook and Parham Rd: 4:40 PM

If you would like to know more about this van please contact the coordinator at craig.yachuw@navy.mil

K&K Connections, LLC Safety Corner Distracted Driving

Here are some tips to minimize distracted driving:

CHANGE YOUR WAYS and recognize the activities that distract you; such as eating, conversing on the phone, or changing a CD.

MANAGE YOUR TIME so that you do not have to multi-task or drive aggressively on the road.

DON'T LET YOUR DRIVE TIME BECOME YOUR DOWN TIME. Understand that driving is not your "down time" or a time to catch up on phone calls, personal grooming, or dining.

SCAN the roadway to make sure that you are aware of others on the road at all times. Be prepared for the unpredictability of others.

CONCENTRATE on your driving. Make sure that you are not upset or tired when getting on the road. This is not the time to have a serious or emotional conversation with your passengers.

REDUCE THE USE! Use technology sensibly.

Information taken from:

http://www.dmv.state.va.us/webdoc/safety/programs/distracted_driving.asp

We Would Like to Send a Very Special Birthday Greeting To:

Edna McKellery

Dale Weaver

Sanjeev Johari

Lisa Johnson (August)

Gregory Godard

Kathleen Conyers

Kay Hall

If I missed your birthday please email me at

owilliams@ridek2k.com.

Welcome To the K&K Family!

K&K Connections, LLC would like to welcome the following riders to the K&K Family. We are excited to have you with us!

Karen Brown

Michael Vannoy

Al Evans

Alex Lorch

Donna Powell

Marian Jones

Chris Lucas

Beverly Donald

Waun Priest

Thomas Murphy

Yvonne Underwood

Patsy Billingsley