



# "A Customer First Company" January 2019

## Welcome to the January 2019 Edition of "On the Move"

### Tips for Commuters During Cold and Flu Season

There are ways you can prevent the spread of cold and flu germs as well as protect yourself against them. Here are a few tips to help you stay healthy while commuting during this cold and flu season.



Photo Source: Flickr

1. **Avoid Contact** - avoid shaking hands with those who may be sick. Also, minimize unnecessary contact with public surfaces. Consider wearing gloves while you commute even if the weather is not cold.

2. **Wash your hands** several times per day. When washing your hands make sure you scrub for at least 20 seconds with soap and water. If you don't have quick access to soap and water use an alcohol-based hand cleaner. Make sure to also wash your hands as soon as you reach your destination after riding public transportation. Always wash your hands or use hand sanitizer after blowing your nose, using the restroom, and before eating.

3. **Do not Touch Your Face** - Germs spread when you touch something that's been contaminated with germs and then you touch your eyes, nose or mouth. Many people do this without even thinking about it. Try to make it a point to be aware of avoiding contact with your face while you are in public places and your exposure risk is higher.

4. **Cover Your Mouth When You Cough or Sneeze** - Instead of coughing or sneezing into your hands, do so into your upper sleeve or the inside of your elbow. Also, discard used tissues right away. Wash your hands or use hand sanitizers after coughing or sneezing if possible. This helps stop the spread of germs.

5. **Stay Home** – It is quite simple. If you are sick you should stay home. This is important so that you limit your exposure to excess germs, and you contain the virus that you may be at risk of spreading. If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

6. **Practice Good Habits** – Make sure you are cleaning and disinfecting surfaces frequently. This includes surfaces at home and at work. During this time of the year make sure you are giving your immune system all it needs to function well. This includes getting plenty of sleep, making sure you stay physically active, keeping your stress levels under control, drinking plenty of water, and eating healthy foods.

Source: <http://blog.ridetherapid.org/tips-for-bus-riders-cold-flu-season/>

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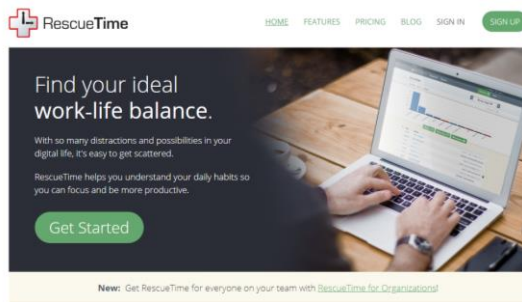


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## Which Time Management App Will Work for You?

We all know there are so many time management apps out there that you can choose from. Managing your time as a commuter is vital to help you keep track of what's most important in your day. Here are a couple of apps you may want to give a try.

### RescueTime -



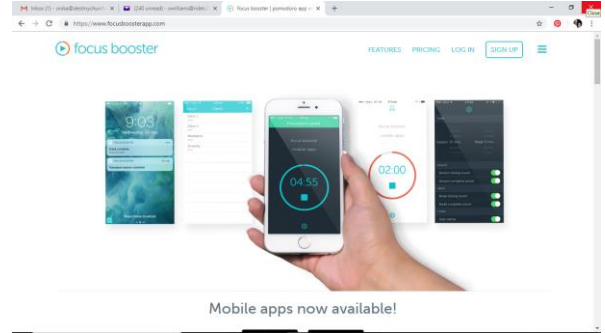
You may be shocked by how you are using your screen time. RescueTime can track your daily work habits to help you stay distraction free and focused so you can be more productive. It can also help block out distracting websites and give you a report about how you are spending your time.

### Remember the Milk -



Don't let the name fool you. This is not a menu planning app but a powerful list tool for busy people. For those of you who may be struggling to manage everything you have to do, and you work with many different devices, then this is a free app for you.

### Focus Booster -



Focus Booster is based on the pomodoro technique. This app helps you to maintain focus and manage distractions so you can get more done. This is a perfect app for those who may procrastinate or feel anxiety over getting tasks done.

Source: <https://www.lifehack.org/articles/technology/top-15-time-management-apps-and-tools.html>

## K&K Connections January Birthdays

We would like to wish everyone born in January a very special HAPPY BIRTHDAY!

LaVonda Bailey  
Sarah Cantatore  
Ibrahima Diallo  
Kwame Donovan  
Dominique Samuel  
Muhammad Sarker  
Ronald Washington  
Shelia Jackson  
Ronald Winston  
Roston Meade  
Orlando Merritt  
Darnell Parham  
Rickeia Thornhill  
Vanessa Wiggins

David Craven  
Tin Dang  
Ciara Manley  
Rafael Gomez  
Matt Hackman  
Nathan Hamm  
Darvi Matthews  
Peter Pham  
Deri Sims  
Rufus Tunstall  
Bruce Shriver  
Leslie Walker  
Craig Yachuw  
Daniel Jenkins

## Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.