

Get to work faster, cheaper and with less stress

October 2009



It's Rideshare Week, Oct. 5-9!

Rideshare Week is Oct. 5-9, and to celebrate, people throughout California will leave the solo drive behind to instead carpool, ride bus or rail, bike or walk to work.

"Southern California has the worst traffic congestion in the nation, and Rideshare Week is a great time to see how easy it is to make a difference," says Huell Howser, rideshare spokesman and host of PBS's *Visiting*. "Not only does ridesharing help ease traffic, but you can save money, too, because you'll use less gas. Plus people who travel in the carpool lane save an average of 40 minutes every day. When you share the ride, everybody wins."

Speaking of winning...

Share the ride at least once during the week and you could win any of hundreds of prizes.

For details and an official entry form—or to find a carpool partner or transit itinerary to help you be a part of this great event—go to CommuteSmart.info or call 1.800.COMMUTE.



Don't Get Derailed by the Flu

Flu season is already well under way, and your local transit agencies are urging commuters to take extra care to avoid catching or spreading contagious illness. Here, Metro offers some tips:

- 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, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them.



For more advice on staying healthy this flu season, go to flu.gov

