



Cold and Flu Prevention

Both the flu shot and the nasal flu vaccine are highly effective for preventing the flu. However, they are not 100% effective. You can still get the flu even if you are vaccinated, although it's usually less severe and resolves more quickly.

To reduce your risk of sharing cold and flu viruses at work, try these four prevention strategies:

Cover your mouth and nose when you sneeze or cough. Viruses are primarily transmitted through mucus. Cover your mouth with the inside of your elbow to avoid coughing or sneezing into your hand.

Wash your hands often with soap and warm water. Rub your hands for 15 to 20 seconds. When soap and water are not available, use alcohol-based disposable hand wipes or gels.

Don't touch your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Wipe down your desk and other common areas with disinfectant wipes. Research out of the University of Arizona found that telephones, desks, water fountain handles, microwave door handles, and computer keyboards in offices contain large amounts of germs that cause colds and flu.

When deciding what to take follow these helpful guidelines:

Stuffy nose: Look for decongestant pills that contain phenylephrine or pseudoephedrine. Decongestants help a stuffy nose by shrinking swollen nasal passages that cause congestion. Saline (salt water) nose sprays can also help relieve congestion and break up mucus.

Headache or body aches: Choose a pain reliever that contains ibuprofen, naproxen, or acetaminophen. If you take one of these, look at any other medicines you're taking to make sure they don't contain the same drug.

Fever: Acetaminophen, ibuprofen, or naproxen can reduce fever, which may help you feel better.

Cough: There are two types of over-the-counter cough medicines: expectorants and cough suppressants. Expectorants help thin mucus so you can cough it up more easily. Cough suppressants help control cough. Cough drops and throat lozenges can also reduce your urge to cough.

Sore throat: Use throat lozenges or cough drops to help soothe your

Incident Free

Days:

374

If you have not received your W2 make sure the office has your correct mailing address.

Do not forget to watch your speed. All TransWest cars are GPS monitored. If you go above the posted speed you will face disciplinary actions.

*Safety is a cheap
and
effective insurance policy*

Happy Birthday

Jaun Bedoy
 Tina Beldin
 Alan Beltran
 Kyle Briggs
 Michelle Bustamante
 Sergio Cabral
 Stefanie Callahan
 James Davis
 Christopher Espinoza
 Teresa Eveland
 Richard Fanucchi
 Rene Garza
 James Gotz
 Jordan Gruber
 Manuel Herrera
 Rosita Jimenez
 Janet King
 Carlos Magana
 John Medina
 Lorena Nocelo
 Luis Ornelas
 Randy Paredes
 Curtis Rufus
 Maria Santoyo
 Tulipa Maino
 Angelina Soto
 Juan Torres
 Jonathan Wharton
 Carl Wilcox
 Sandra Wipf
 Daniel Zavala
 Hortencia Cardenas
 Petra Gurule
 Nicholas Martinez
 William Potter
 Carolyn Tait

Employees of the Month!

Trans-West Security Employee's of the Month is:

Alex Castaneda

We would like to recognize Alex Castaneda as employee of the month for his hard work and dedication. Alex has been in City Patrol for over 5 years . Alex goes above and beyond expectations and continues to step up his leadership skills. He has stepped up to assist supervision in meet and trains, post inspections, patrol proposals and has stepped in the position to conduct the all day out of town transports. Please join us in thanking him for all his hard work!

Great Job

Trans-West Services Employee of the Month is:

The Energy Center/ 5060 Team

We would like to congratulate this team for all their hard work. This team continues to receive positive feed back for their professional attitudes, safety habits and their great event hosting abilities. Please join us while we thank them for their dedication to our TransWest team!

Happy Anniversary

1 year	Whiting
Kyle Porter	Chebriyah Hall
Marc welter	Ryan Rivera
Jose Llamas	Shelia Martin
Jaime Perea	3 years
Jennifer Roth	Justin Collins
Monica Castro	Kristian Larios
Maribel Gonzalez	5 years
Miguel Guardado	Abel Vasquez
Maria Hernandez	6 years
Maria De Ramos	Owen Costello
2 years	Raymondo Dominguez
Kenneth Kain	William Potter
Anita Washington	Cesar Gallegos
Cristhian Robles	7 years
Kathy Presley	Gabriel Ortiz
Colene See-	8 years
	Nicholas Knight
	Vanessa Gonzalez

WELCOME

Alberto Acosta	Israel Ramirez
Alan Beltran	Gregory Rodriguez
Joshua Brown	Cordelia Spencer
Jesus Cadenas	Charles Swearengin
Thomas Garcia	Stansilaus
Jori Johnson	Valenzuela
Brianna Jones	Edward Vasquez
Ismael Martinez	Ricardo Perez
Andres Ochoa	Ezekiel Pinedo