

SUMMER 2018

VANPOOLING

Is just the tip of the iceberg.



TIP 1

PROTECT YOURSELF

It does not take long for the sun to cause harm. In fact, a short walk to your vanpool can be enough to cause dehydration, sunburn or even heatstroke. Follow these simple tips to stay healthy and cool this summer.

- ☀ **Carry water.** Drink containers with spill-proof lids are allowed on vanpools.
- ☀ **Cover Up.** Protect yourself from the sun's damaging rays by wearing light-colored, lightweight clothing.
- ☀ **Wear sunscreen.** Experts recommend a broad-spectrum, water-resistant sunscreen with an SPF of at least 30.
- ☀ **Carry an umbrella.** Small umbrellas create shade and are easy to carry.
- ☀ **Wear a hat.** Add protection to your head and face with a wide brimmed hat.
- ☀ **Wear sunglasses.** Keep your eyes safe from damaging rays.
- ☀ **Drink before you're thirsty.** Thirst is a warning sign that your body needs water. Drink at least eight 8-oz glasses of water each day. Drink more when participating in physical activity.
- ☀ **Eat right.** Avoid foods with excess salt, which can cause dehydration and bloating. Fruits and vegetables are a better choice since they help replenish fluids in your body.
- ☀ **Check your skin.** Check your body for unusual marks, moles or discolorations. See a doctor if you have any concerns.

Keep your cool!

As summer approaches, Valley Metro is reminding vanpool drivers and riders how to "KEEP YOUR COOL" during triple digit temperatures. You will receive a tip each week over the next four weeks that will include:

- ❄ How to protect yourself from the heat
- ❄ The importance of vanpool maintenance
- ❄ What to do in case of an accident or incident
- ❄ How to request roadside assistance



COMMUTE SOLUTIONS

CARPPOOL | VANPOOL | BUS | LIGHT RAIL | TELEWORK | BIKE | WALK

ShareTheRide.com
602.262.RIDE (7433)
facebook.com/sharetherideandsave

