

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



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