



Personal Cool Tips

Protect yourself from the summer sun, heat and harmful ultraviolet (UV) rays as you walk to and from bus stops by applying the following tips.

Keep Your Personal Cool

- **Carry water.** Prevent heat exhaustion by drinking lots of water throughout the day, and making sure children do the same. Take water along for the walk, wait and travel on the bus. You can bring plastic drink containers with a hard plastic lid such as water bottles on the bus.
- **Cover up.** Lightweight long-sleeved shirts and long pants or skirts protect skin from the sun's damaging rays. Make sure babies in strollers are well shaded from the sun – they are less able to move out of the sun's direct rays.
- **Carry an umbrella.** Small umbrellas are easy to carry and create shade for you and your children.
- **Wear a hat.** There are many choices of hats to cover your head and to help protect you from the sun.

Cut The Wait

- **Use the fastest route.** There is usually more than one way to reach your destination.
- **Know your bus departure time.** Arrive at your bus stop about five minutes before the bus is scheduled to leave.
- **Limit direct sun exposure during midday.** Prolonged exposure to the sun's UV rays from 10 a.m. - 4 p.m. can be harmful to your skin. If you must be out during this time, shade yourself with an umbrella, hat and the right clothing.

For more information on Personal Cool:

phoenix.gov/publictransit

602-262-7242

TTY: 602-534-5500

For transit schedules/customer service:

ValleyMetro.org

602-253-5000

TTY: 602-251-2039



City of Phoenix
PUBLIC TRANSIT DEPARTMENT