

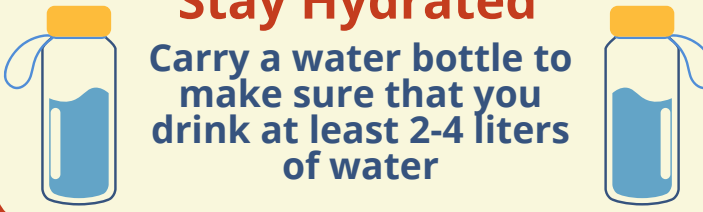


Using Public Transport during Heat Waves

How to Protect Yourself

Stay Hydrated

Carry a water bottle to make sure that you drink at least 2-4 liters of water



Dress Appropriately

Wear loose, light-colored, and breathable clothing and sunscreen



Wait in the Shade

Shade can make the air feel up to 10 degrees cooler



Plan your Travel

Check schedules, track buses and trains using apps like Google Maps and Transit



How to Protect Your Community

Work to make buses, trains, and other public transportation better and easier to use for everyone in your community

Push for Buses to Come More Often




Add Shaded Bus Shelters



Shade sidewalks and bike paths by adding more trees



Put thermometers, ventilation, & misting systems on stops, buses, & trains



Paint buses white and tint windows to protect from the sun



More accessible cooling centers and public drinking fountains

