



# CHESCOBUS

## CODE RED / EXCESSIVE HEAT

The county's website says: "Code Red procedures are put into place when the daytime temperature reaches 95 degrees F by 11am on two consecutive days or temperatures reach 100 degrees F any given day.

Extreme heat can pose a challenge to the body's temperature control system. If the body does not cool properly, there is potential for heat-related illness. Heat-related illness can take different forms, ranging from general fatigue to muscular cramping to life-threatening heat stroke."

### Recommendations During Extreme Heat:

1. Stay in air-conditioning as *much* as possible. If your home is not air-conditioned, go to an air-conditioned place such as the mall, a movie theater or the library.
2. Drink fluids regardless of thirst, because you can become dehydrated without being thirsty.
  - ◆ Drink water to stay hydrated.
  - ◆ Avoid caffeinated beverages and alcohol.
  - ◆ Flavor your water - add fruit slices or other favorite flavoring.
3. If you must be outdoors, stay out of direct sunlight and seek shade.
  - ◆ Use sunscreen with an SPF of at least 15 or higher.
  - ◆ Take a water bottle with you.
  - ◆ Wear light colored and loose clothing.
  - ◆ Wear a hat or use an umbrella to keep the sun off your face.
  - ◆ Wear a moistened bandana around your neck or over your forehead.
4. Know how your medications react with heat.
5. Be aware of sudden changes in the heat index.
6. If you can, plan your trip in the cooler parts of the day.

Also, know what the symptoms that occur when you're too hot. Experiencing dizziness, nausea, headache, rapid heartbeat, chest pain, faintness, fatigue and breathing problems are all warning signs that help should be sought

[Code Red/Excessive Heat | Chester County, PA - Official Website \(chesco.org\)](https://www.chesco.org)



## WELCOME

Thank you for your purchase of our CHESCOBUS passes. Enjoy the summer and protect yourself from the heat while waiting for a CHESCOBUS.

## SERVICE UPDATES



**June 24 - Link** - Brandywine YMCA Is the beginning and ending of route - not Brandywine Medical Center.

**July 4 - Thursday**  
*Independence Day* - There will be no bus service.

**Friday, July 5 - Oxford's First Friday** - after 4:00 PM  
**SCCOOT** - From 3rd St the bus will use Pine St to Lancaster Ave, Coach St and 2nd St.

**Friday, July 5 - Coatesville's First Friday**  
**LINK** Expect Traffic and Delays between 5:00 PM-8:00 PM

**Friday, May 31 - Parkesburg's Final Friday** - after 4:14 PM  
**LINK** - Southbound bus will use West 1st Ave to South Culbert.

## HEAT EXHAUSTION OR HEAT STROKE?

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

## ABOUT CHESCOBUS

CHESCOBUS is Chester County's Public Transportation System comprised of SCCOOT and Coatesville LINK. The bus service is managed by the Transportation Management Association of Chester County (TMACC). CHESCOBUS is funded by the PA Department of Transportation with support of the Chester County Commissioners and municipal partners.





# CHESCOBUS

## MINOR LINK ROUTE CHANGE

As of June 24, a minor change is being made to the LINK route. The Link route will begin and end at the Brandywine YMCA rather than the Brandywine Medical Center on Mondays through Fridays. The schedule remains the same except for the times after the VA.

### WEEKDAYS - PARKESBURG TO BRANDYWINE YMCA

Brandywine Medical Center <i>Departure</i>	Brandywine YMCA <i>Arrival</i>
AM	AM
6:26 AM	6:29 AM
7:54 AM	7:57 AM
9:01 AM	9:04 AM
11:00 AM	11:03 AM
PM	PM
1:31 AM	1:34 AM
2:15 AM	2:18 AM
4:04 AM	4:07 AM
4:56 AM	4:59 AM
6:30 AM	6:33 AM
7:26 AM	7:29 AM

### WEEKDAYS - BRANDYWINE YMCA TO PARKESBURG

Brandywine YMCA <i>Departure</i>	Brandywine Medical Center <i>Arrival</i>
AM	AM
6:37 AM	6:40 AM
8:07 AM	8:10 AM
9:17 AM	9:20 AM
11:17 AM	11:20 AM
PM	PM
12:37 PM	12:40 PM
2:02 AM	2:05 AM
2:27 AM	2:30 AM
4:17 AM	4:20 AM
5:12 AM	5:15 AM
6:52 AM	6:55 AM

