



# "POTTY TALK"



## Brought to you by the Wellness Center Spring Break Survival Guide

Whether you are staying close to home, crossing the border, or traveling abroad—here are some important facts and informational tips to keep you safe over spring break. **HAVE FUN—and BE SMART!!!**

### TRAVEL TIPS

- ✓ Learn as much as you can about your destination before departing.
- ✓ Always travel with someone that you know and trust, and book with a reputable travel agency.
- ✓ Do not travel with extremely valuable or cherished items.
- ✓ Call family or friends to let them know you've arrived and returned safely.
- ✓ Always carry your ID.
- ✓ Use the buddy system and always watch out for each other!
- ✓ Never allow members of your party to leave with strangers.
- ✓ Don't carry all of your credit cards or bank cards in your purse or wallet.
- ✓ Ask the hotel personnel about the neighborhood.
- ✓ Don't discuss personal information with strangers.
- ✓ If driving, always lock car doors, roll up windows, and store personal items in the trunk.
- ✓ Keep hotel room doors locked at all times.
- ✓ If using public transportation, avoid sitting near the door, and hold purses and other valuables close to your body.
- ✓ Observe the behavior of others around you and change seats or alert the driver if you feel uneasy.
- ✓ If a friend feels sick, do not leave them alone.



### PARTY TIPS

If you choose to drink...

- ✓ Know that alcohol is the #1 Predatory Drug.
- ✓ 90% of college-aged rapes and sexual assaults occur when combined with alcohol.
- ✓ Watch how much you drink and ALWAYS stay with people you know and trust will WATCH OUT for you.
- ✓ Don't leave a beverage alone (even when you go to bathroom) and NEVER accept open drinks from strangers!
- ✓ ALWAYS stay with friends. Look out for each other and make "rules" and safety plans to protect yourself and each other.
- ✓ Set a LIMIT before you start drinking and stick to it! Avoid drinking games—really, you can pass!
- ✓ EAT before and while you are drinking.
- ✓ Space and PACE your drinks (your liver can only handle 1 per hour).

## WARNING: Travel to Mexico

Recently, the US State Department issued a travel warning to students traveling to Mexico for Spring Break. This is due to the surge in drug related violence and murder in border towns and in other vacation hotspots, such as Acapulco and Cancun. The Justice Department's Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) also issued additional warnings about Rosarito Beach and Tijuana. Here are some tips if you intend to travel to Mexico:

- Avoid areas in which prostitution and drug dealing are common.
- If you're at a resort, stay within that resort. The resorts are there to cater to you and you are more likely to be better protected within a resort.
- Avoid over-consumption of alcohol. Your judgment and ability to fight off attackers is severely impaired, and you will be seen as more of a target when you appear to be intoxicated.
- Travel light. Don't bring expensive technologies like iPods and gaming devices. Leave your jewelry at home as well, and don't carry a lot of cash. Stick with a credit card and use ATMs (in well-lit places, ideally within the bank itself).
- Avoid calling attention to yourself. "Flashy" tourists are easy targets.

For more information, please visit the Travel Alerts section at [travel.state.gov](http://travel.state.gov).



### HERE COMES THE SUN!

This is Spring Break, not Spring Bake! Avoid mid-day sun. Surfaces, such as water, sand, cement, or snow can reflect harmful radiation. **Don't think you're ok in the shade!** Your very own Health Educator got a nasty burn while completely in the shade of a beach umbrella for a few hours (with a long-lasting Band-Aid tan line to prove it!!).

- Wear sunglasses with broad-spectrum UVA-UVB protection.
- SLATHER UP with a sun block SPF 15 or higher.
- Apply sun block 30-45 min. before sun exposure.
- Reapply every 2 hours and after swimming and sweating.
- Don't forget you lips, ears, neck and feet, too!

Unprotected sun exposure can lead to premature wrinkles and skin cancer.

- HYDRATE!!! Keep those fluids flowin' (booze doesn't count).
- Avoid the sun when it is strongest (usually 11 am to 3 pm).
- If you end up with a sunburn, use aloe or skin lotion to soothe the pain and keep your skin hydrated.

### Alcohol Overdose Alert

Signs of life-threatening levels of overdose include:

- Slow or irregular breathing (less than 8 times/minute or more than 10 seconds between breaths)
- A weak pulse, or a very slow or very fast pulse
- Unconscious, and the person is difficult to awaken
- Cold and clammy skin that is pale or blue in color
- Vomiting, urinating, or defecating while unconscious/sleeping

If someone has any of these symptoms, s/he may be suffering from **Acute Alcohol Poisoning** – a life threatening condition!

**This is a medical emergency!**

What to do:

- Call for emergency services (if you are at a hotel, immediately alert hotel staff to call for emergency medical help if you do not have the number)
- Do not leave the person alone
- Turn the person on his/her side to prevent choking or suffocating in case of vomiting
- Try to keep the person awake and warm
- Stay with the person until medical help arrives

"Potty Talk" is brought to you by the Wellness Center  
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