



"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.



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!

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

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

- HYDRATE! Keep those fluid flowin' (booze doesn't count).
- Avoid sun when it is at its strongest (usually 11 am to 3 pm).
- If you end up with a sunburn, use aloe or skin lotion

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.



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



"Potty Talk" is brought to you by the Wellness Center, located in the Malley Center. To learn more about the topics discussed here, please contact:

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