

WHEN GETTING AROUND GROUNDS AND OTHER PLACES, CONTRIBUTE TO THE COMMUNITY BY HELPING KEEP EVERYONE SAFE.

OFFICE OF HEALTH PROMOTION
DEPARTMENT OF STUDENT HEALTH
UNIVERSITY OF VIRGINIA

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CLASS OF 2017

WALKING

- Make sure cars and bikes can easily spot you by crossing the street at marked pedestrian crosswalks (press the button for flashing lights) and by waiting for the pedestrian signal at intersections.
- On busy sidewalks or at crosswalks, stop phone use and drop an ear bud so you can navigate without distractions.
- Texting while walking is tricky! If you want to text, stop and move off the sidewalk, or walk quickly to get where you are going, then text after you arrive.

DRIVING

- Keep an eye out for pedestrians and bicyclists, especially around Grounds and downtown. Avoid phone use while driving so you can focus on the road.

BICYCLING

BIKING IS FUN. PLUS IT'S GOOD FOR YOUR BODY, THE AIR QUALITY, YOUR POCKETBOOK, AND YOUR BUSY SCHEDULE.

CYCLE SAFETY

- Wear a helmet. Really.
- Use front and back lights between sunset and sunrise.
- Stay alert and skip the earbuds.

KNOW LOCAL LAWS OF THE ROAD

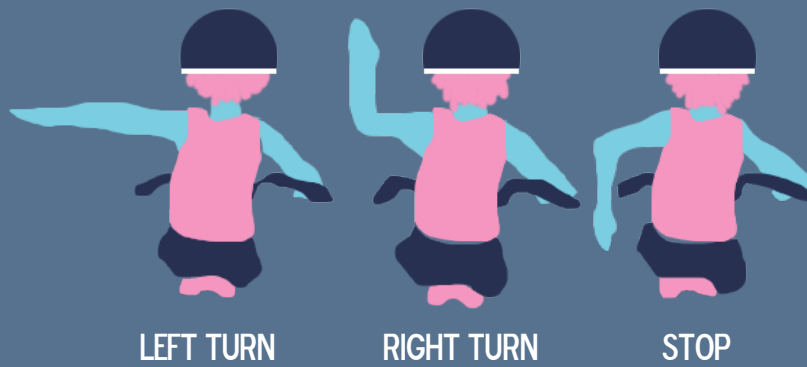
- Obey the same traffic rules as cars.
 - Ride on the right, in the same direction as traffic.
 - Stop at stop signs and red lights.
 - Yield to pedestrians in crosswalks.
- No biking on sidewalks. If in pedestrian spaces, hop off and walk your bike.
- Use hand signals.

MORE TIPS

Look for the nifty bike channels to help you get your bike up the stairs by Clark and Newcomb.

Lock your bike (frame and front wheel) to designated bicycle racks. If you aren't around over the summer, take your bike with you.

Riding a motorcycle or moped? Be sure to check the rules and regulations for that vehicle at the Virginia Department of Transportation website.



LEFT TURN

RIGHT TURN

STOP

SPRING BREAK TRAVEL

IF TRAVELING AT SPRING BREAK, PLANNING AHEAD CAN HELP YOU MAXIMIZE FUN AND MINIMIZE PROBLEMS.

ROAD TRIPS

Road trips with friends can be great! Remember to:

- Map out your route ahead of time.
- Take turns driving so no one gets tired behind the wheel.
- Have the front passenger control phone use, music, and directions.

HEADING TO ANOTHER COUNTRY?

Make an appointment (asap!) with the **Student Health International Travel Clinic** for immunizations, prescriptions, and travel advice, even if traveling with an organized group. Details on the Student Health website.

For **international travel tips**, visit travel.state.gov and search for the 'Students Abroad' page. Get information specific to the country you are visiting, like recommended vaccinations and considerations for local food and drinking water safety.

HOOS PLAY SMART!

Remember to **be aware of different surroundings** and to **use protective behaviors** to help reduce risk if choosing to drink over break.



8 out of 10 UVA students who have the opportunity intervene to stop a friend from drinking and driving.*

*FROM THE SPRING 2015 HEALTH SURVEY WITH RESPONSES FROM 931 UVA STUDENTS

Drink less alcohol and drink more slowly in new surroundings. Stay with a buddy you trust. Eat food. Avoid mixing alcohol with other drugs. Plan a safe way home.

Alcohol use can increase risk of dehydration, injury, or drowning. Whether swimming or hot tubbing, soaking sober is safer, and sticking with friends allows people to watch out for each other.

NOW RECRUITING FOR 2017 - 2018!

Work for the *Stall Seat Journal*: Job announcements on Handshake and in *Connections* right after Spring Break, or email StallSeatJournal@virginia.edu.

JOIN A PEER EDUCATION GROUP:

- Alcohol and Drug Abuse Prevention Team (ADAPT) - virginia.edu/adapt
- Peer Health Educators (PHEs) - Peer Health Educator page at atuva.student.virginia.edu

WANT THIS POSTER FOR YOUR ROOM? FEEL FREE TO TAKE ME HOME MARCH 20 - 24.

TALK TO US AT STALLSEATJOURNAL@VIRGINIA.EDU

IF YOU GET AN EMAIL TO TAKE THE SPRING HEALTH SURVEY, PLEASE DO! WE NEED YOUR INPUT FOR THE STALL SEAT JOURNAL. PLUS YOU CAN WIN COOL PRIZES.

GETTING AROUND SAFELY

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