

If Choosing to Drink

Be **aware of new surroundings** if choosing to drink over spring break. Because alcohol tolerance is based on environmental cues, like the same drink in the same place with the same people, the body may respond differently when drinking in a new setting. **Protective behaviors reduce the risk** of negative consequences:

- Drink less alcohol and drink more slowly
- Eat food before and while drinking
- Avoid mixing alcohol with other drugs
- Stay with a buddy you trust
- Plan a safe way home: 88% of UVA students use a designated driver or make plans to get home safely.*

Look out for friends! Know the signs of alcohol overdose:

- P**uking while passed out
- U**nresponsive to stimulation (pinch or shaking)
- B**reathing (slow, shallow, or no breathing)
- S**kin (blue, cold, or clammy)

If you see even ONE of these signs, call 911 immediately. Never leave a drunken friend alone.

Don't forget your **GORDIECheck/BAC card!** (Get one from you RA.)



Sun and Water Fun

Drinking plenty of water, using sunscreen (SPF 30+), and scoping out shade are all good ideas and are even more important when drinking. Alcohol can increase risk of dehydration, injury, or drowning. When relaxing in a hot tub, blood pressure drops quickly when a person has been drinking, and **this** can lead to loss of consciousness and drowning. **Soaking sober** is safer, and **sticking with friends** allows people to watch out for one another.

HAPPY SPRING BREAK!

Stall Seat Journal

Check your email for the SPRING 2015 HEALTH SURVEY. Complete the survey to win cool prizes and contribute valuable information to the *Stall Seat Journal*!

Know Your Destination

Remember that a person is responsible for following the laws in any place they visit. Be aware of the **rules and regulations of the destination**.

Have a **safety plan in case of emergency** in a new place.

- Carry your ID at all times, and keep a copy in case of theft.
- Know the numbers of some people to call if separated from your phone, and know how to make international calls if abroad.

Heading to a low-resource country? Make an appointment (asap!) with the Student Health Travel Clinic for immunizations and prescriptions for your trip, even if traveling with an organized group. Details at the Student Health website.

For health, safety, and **emergency tips for traveling in another country**, 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.

Don't Regret That Spring Fling

Unfortunately, not everything that happens on spring break stays on spring break. Plan to prevent pregnancy and sexually transmitted infections. Snag **free condoms** from the Office of Health Promotion at Student Health.

HOO knew ?

9 out of 10 UVA students do NOT have unprotected sex due to drinking.*

Enjoy a stay-cation at home or in C-ville:

- Volunteer at a homeless shelter or youth organization.
- Check out snow sports at nearby Wintergreen Resort or White Grass.
- Browse through an art museum or see a theater production.
- Explore local restaurants to get a taste of the world without jetlag.
- Plan a camping trip to a cool park.

*From the Spring 2013 Health Survey with responses from 654 UVA students
**From the 2012 National College Health Assessment with responses from 455 UVA students

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