

Whether staying home or traveling, have a fun and safe vacation from UVa!

Enjoy a Stay-cation at Home or in C-ville

Chill and read a good book • 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 something new • Plan a camping trip to a cool park

If Choosing to Drink

Alcohol tolerance is based partly on environmental cues. These cues include specific people, places, times, and drinks. If drinking in a new setting, the body may respond differently. Be **aware of new surroundings** over Spring Break. **Protective behaviors reduce risk:**

- Stay with a buddy you trust
- Drink less alcohol and drink more slowly
- Eat food before and while drinking
- Avoid mixing alcohol with other drugs
- Plan a safe way home

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

Puking while passed out

Unresponsive to stimulation (pinch or shaking)

Breathing (slow, shallow, or no breathing)

Skin (blue, cold, or clammy)

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

Be Prepared. Plan to prevent pregnancy and sexually transmitted infections. Snag **free condoms** from the Office of Health Promotion at Student Health.

HOO KNEW?

84.6% of UVa students who drink do NOT have unprotected sex after drinking.*

A *classic road trip* can be a great time with friends. Map out the route ahead of time, alternate drivers, and have the front passenger control phone use, music, and directions.

Want to make a positive impact on health at UVa?
The Office of Health Promotion is now recruiting for 2016-2017!

Work for the *Stall Seat Journal*: Job announcements on CavLink and in *Connections* right after Spring Break, or contact Sally at sed7d@virginia.edu. Join a peer education group:

*Alcohol and Drug Abuse Prevention Team (ADAPT) - visit virginia.edu/adapt

*Peer Health Educators (PHEs) - visit the Peer Health Educator page at atuva.student.virginia.edu



Designed by Sarah Alberstein, Class of 2017

Sun and Water Fun

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

[If you get an email for the NCHA survey, please complete it! We want your input for the *Stall Seat Journal*, plus you can win cool prizes.]

New Destinations

If traveling, create a **safety plan in case of emergency**.

- Stay with people you trust.
- Carry your ID at all times, and keep a copy in a safe place 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 another country? Make an appointment (asap!) with the **Student Health Travel Clinic** for immunizations, prescriptions, and travel advice for your trip, 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.

*From the Spring 2015 Health Survey with responses from 931 UVa students

Stall Seat Journal

HAPPY

SPRING BREAK!

volume 16, issue 11