














Did You Know?



SPRING BREAK, SUN, SAND, AND SUDS

Don't Forget the SAFETY!

Spring Break vacations are meant to be fun, relaxing, and exciting trips. However, it is also important to stay safe. Here is a safety checklist that will help make Spring Break memorable and fun.

-  **Do Shots** - If you are going out of the country, it is a good idea to check if additional vaccinations or medicines for malaria are required. If you are taking any prescription drugs, do you have enough for the trip?
-  **Passport Check** - It is wise to leave a copy of your passport with someone at home. If you lose your passport, having a copy makes it easier for the consulate to issue a new one.
-  **Stay Safe in Your Room** - When you first arrive, ensure there is a peep hole in the door of your room and that the dead bolt and other locks are working.
-  **Lock Up** - When going to the beach or pool, leave valuables and important documents (especially your passport) in the hotel's safe deposit box, not in your room.
-  **Pick Your Wheels Wisely** - Try to use recommended shuttle services or buses to get around. If you must, only use reputable licensed taxi services.
-  **Go Out Together and Come Home Together** - Never go out alone or leave a safe place with strangers.
-  **Be a Stranger** - Don't give out personal information. Never tell strangers what hotel you are staying in or where you are going.
-  **Go With Your Gut** - Be aware of your surroundings. If you feel like something is amiss, trust your instincts. Never be afraid of, or embarrassed to walk away from, or put a stop to an uncomfortable situation.
-  **Wet and Wild** - Spending long periods in the sun and consuming large amounts of alcohol can lead to dehydration. To feel your best, drink large amounts of non-carbonated, non-alcoholic beverages during the day. If traveling outside of the U.S., bottled beverages are best to protect against traveler's diarrhea.
-  **Sensible Sunning** - Escape from the cold and snow is great, but too much time in the sun without the proper sunscreen and clothing can cause a bad burn that will ruin your fun now and lead to skin cancer later in life. Protect yourself with *at least* SPF15 lotions, hats and UV protective sunglasses.
-  **Control Your Drinking** - Partying while on Spring Break is a common activity. However, it is important to use alcohol wisely and only party with people you know and trust. Remember to only buy drinks from a bartender and do not leave drinks unattended.
-  **Protect Yourself** - Love is all around and so are sexually transmitted diseases (STDs). The only 100% sure way to prevent STDs and unwanted pregnancy is by not having sex. Women are more likely to be victims of sexual violence than men. Women who experience both sexual and physical abuse are significantly more likely to have sexually transmitted diseases. Take precautions and avoid situations or persons that may place you at risk for harm.
-  **"I'm not in Kansas anymore."** - Every country has its own laws and customs, some that may be very different from those in the U.S.A. To avoid a visit to a foreign jail, check out the "Laws and Customs" section for your Spring Break destination on the government website.