SAFE SPRING BREAK
Because nothing is as important as you coming back to us safe and sound.

Traveling/road trips
Learn about the location you plan to visit.
- Have your vehicle checked out by a mechanic to make sure it can make the long trip
- Check with your travel agent for details on what kinds of transportation, housing/hotel & food & beverages are included in your travel package
- Pack wisely; being overburdened with luggage makes you more of a target for thieves!
- Share driving responsibilities (offer to drive or help the driver or pay for gas to be a good wingperson)
- DO NOT TEXT AND DRIVE. Or flip through your iPod. Or look down at a navigation system. Let your passenger do these things for you OR have them ready to go before you leave.
- Don’t drive sleepy. Driving after an all-nighter is equivalent to your alertness as having an alcohol content of .10 (over the legal limit)
- When visiting a friend or family, be a good guest/roommate (pick up after yourself, thank your hosts, cook a meal, etc.!!)

What’s in your wallet? Some thoughts on things to keep with you as you go on adventures
- Some sort of government identification – Some cash AND a debit card or credit card.
- Accessible emergency contact information (put someone as your ICE (in case of emergency) contact in your phone). - Insurance card
- Any allergy or medical information (Tell the people you are with of any allergies or medical issues you might have so they can help in an emergency, too. - AAA card.

Knowledge Boundaries
- Know your limits for sun exposure
- Know your SPF (sexual protection factors)
- Know how much alcohol you can safely consume while staying alert (try one drink/hour)
- Know as much as you can about your physical location

Alcohol-Food-Sun: Be Wise
This break remember to eat healthy, sleep, and exercise. It’s a great chance to catch up on all the homework and relaxation and healthy living you might have been missing. If you are traveling with friends or family...here are some things to keep in mind.
- Don’t skip meals, especially if you are going to be drinking. Food helps your body absorb alcohol and healthy food is just really wonderful and delicious.
- Please wear sunscreen. If you are somewhere tropical or your own back yard. Keep moisturized with some SPF 15 or higher.
- Wear sunglasses! They protect your eyes from sun exposure and harmful UV rays that can cause gradual blindness.
- Be weary of drinking in unfamiliar places. Have a plan of how you are getting home every night and who is leaving with who...before any drinking starts. Then stick to the plan.
- Stay hydrated!! With water!! Alcohol and caffeine dehydrate you so especially if you’re going to be in the sun you need to make sure to get your 8 glasses of water a day (or more) to help prevent heat exhaustion or passing out due to dehydration.


Always have a friend with you! Be weary of traveling alone. Have trusted people with you...BUDDY SYSTEM! Don’t assume that someone you just met has your best interest in mind. You’re more susceptible to danger when you look like a tourist who is alone and unfamiliar with an area.

ASB and STLF
Good luck to all those going on service trips including the Alternative Spring Break and Students Today Leaders Forever teams. We are very proud of you and thank you for representing WIU in such a positive way!

Change the world! U Rock!!

END OF THE FIRST EIGHT WEEKS!!
GOODLUCK ON MID-TERMS!!

Stall Talk is brought to you by Beu Health Center Graduate Assistant Molly McKeogh and Students T.A.L.K. peer educators. For more information, call 298-3225. For more health info, visit beu.wiu.edu. For adaptive format see Disability Resource Center.