**Don’t Let Your Spring Break Be a Flop!**

**Public Safety & Money Tips**

* Plan to take emergency money for unexpected problems.
* Confirm reservations before leaving town and let someone know how and where to reach you.
* Make two copies of your passport, airline tickets, driver’s license and credit cards. Leave a copy with a friend and bring a copy with you in case the originals get misplaced or stolen.
* Call your credit card company to let them know you will be out of town to prevent against them placing a hold for suspicious activity.
* Avoid handbags, these are easy to steal. Put your money in multiple places on you.
* When in a group stay with each other. Don’t stray.

**Sun Safety Tips**

* Wear sunscreen and reapply every two hours. Use SPF 15 or higher, even when it’s cloudy.
* Apply sunscreen to dry skin 15 to 30 minutes before going outdoors.
* Drink a lot of water to remain hydrated. (1/2 of your body weight in ounces)
* Wear sunglasses with UV lenses.

**Drinking Safety Tips**

* Alternate drinks with water.
* No more than one drink an hour, no more than five drinks in a sitting.
* Eat a meal before you go out drinking.
* Avoid drinking games, know your limit.
* Know the signs of alcohol poisoning and get help if needed.

**Sex Safety Tips**

* Be in control. Alcohol and other drugs affect good judgment and self-control. Sober sex is the best sex.
* Protect yourself, **always**wear a condom. NO condom, NO sex!

**Rape Awareness Tips**

* Use the buddy system. Pair up with a friend and keep tabs on each other.
* In 1 out of 3 sexual assaults, the perpetrator and victim were intoxicated
* Speak up if you are uncomfortable. Only you should make decisions about your body.
* Don’t accept drinks from strangers, don’t leave drinks unattended.

