STAY SAFE ON SPRING BREAK

With March comes St. Patrick’s Day celebrations, March Madness and most importantly Spring Break! While everyone is planning their sunny Spring Break destinations, remember these safety tips to ensure extra fun.

- **HAVE A PLAN AND BE PREPARED**
  - Let a trusted person (such as a parent) outside of your travel group know where you are staying and contact information for others in your group.
  - Give that trusted person a copy of your important documents in case you lose them (passport, ID, plane tickets).
  - Know the name and address of your hotel as well as number and location of local law enforcement agencies (U.S. Embassy if out of the country).
  - Never venture off alone, even in the water. Always stay near a partner.
  - Keep your phone charged at all times. Take a portable battery charger if needed.
  - Do not tell strangers where you are staying.

- **BE ALERT**
  - Trust your gut. If something does not feel right, do not proceed or continue in the situation.
  - If using transportation such as Uber or Lyft, ensure the vehicle/person matches the description.
  - Never leave your drink with any beside yourself and always watch your drinks be prepared.

- **SAFE SEX**
  - Use protection and ensure you have/ have given consent.
  - Do not do anything you do not want or feel comfortable doing. Say NO!
  - Do not go off alone with someone you do not know. This puts you at increased risk for a sexual or physical assault.

- **TAKE CARE OF YOURSELF**
  - Drink water. Drinking caffeinated or alcoholic beverages in combination with sun and heat can dehydrate you.
  - Make sure you eat!
  - Wear sunscreen to avoid sunburns and irreversible sun damage. SPF 30 or above, reapply every 2 hours or as instructed on bottle label.

COVID-19 & Spring Break

The CDC recommends:

- Being fully vaccinated including booster
- Wear a well fitting mask
- Stay 6 feet away from others
- Avoid poorly ventilated spaces and crowds
- Wash your hands often
- Check the CDC’s COVID-19 Travel Health Notice for current travel notices by destination
- Visit the CDC’s International Travel webpage for requirements/recommendations

Purdue Student Health Center
601 Stadium Mall Drive
West Lafayette, IN 47907
765-494-1700
www.purdue.edu/push

References:
https://www.wku.edu/studentconduct/safespringbreak.php
https://www.collegiateparent.com/health-safety/spring-break-safety-tips-for-college-students/