We hope you'll find this information helpful for a healthier, happier Spring Break, wherever you may travel. Enjoy!
Keep these tips in mind if you decide to drink...

• Set a responsible drink limit and stick to it. One drink an hour.
• Alternate alcohol with non-alcoholic drinks.
• Eat (non-salty, high-protein foods) before & while drinking.
• Skip the drinking games.
• Don't drive.

BE AWARE OF LOCAL LAWS. You will be held liable.

THINK AHEAD...who do you call in an emergency?

GET ASSISTANCE if you're with someone who:
• can't be roused by shaking or shouting.
• has shallow, irregular or slowed respiration (12 breaths or less a min.).
• has cold, clammy, pale, bluish skin.
• took downers with alcohol (barbiturates, GHB, rohypnol, etc.).
• is severely disoriented or anxious.
• sustained a blow to the head.
• has a bleeding injury.
• drank way more than their usual amount

IF YOUR FRIEND HAS PASSED OUT, but doesn't have any of the above symptoms:
• lay the person on his/her side with the knees bent.
• stay with the person and check their breathing & consciousness.

A FEW WORDS ABOUT GHB
• It's made on the street. You won't know what's in it or how potent it is.
• Combined with alcohol, GHB (or rohypnol) can become even more deadly – among other things, you can stop breathing.
• Your high might be ok one time and the next time... well, there may not be a next time. Don't leave your drink unattended.
If you're in the sun...

HYDRATE
Drink plenty of non-alcoholic fluids.

SLATHER UP
Use a sunblock—SPF 15 or higher.

Apply it 30-45 minutes before sun exposure.

Reapply every 2 hours.

Reapply after swimming & sweating.

Protect your lips, ears, neck & feet.

WEAR SUN GLASSES
Make sure your shades filter UV rays!

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use a latex condom

every time, the whole time for protection from STDs & HIV.

Use a water-based lubricant on the outside of the condom and a drop inside the tip to enhance sensation.

Handle condoms with care. Keep them in a cool, dry place. Suntan oils or sunscreens on a condom can cause breakage.
76% of UM students don't smoke cigarettes.
for more info: www.uhs.umich.edu