

The Student Health Center and University Police want you to have a safe spring break!

Listed below are a few suggestions to help keep your spring break fun and safe...

Travel Tips

There has been a travel alert issued for Americans visiting Mexico. There has been a recent increase in violent crimes and tourists are being urged to reconsider travel plans or take appropriate safety precautions.

More information can be found at:

http://travel.state.gov/travel/cis_pa_tw/pa/pa_3028.html

When choosing a hotel, rental car or taxi service always choose a reputable establishment. You can get recommendations from organizations such as travel agencies and auto clubs.

When traveling by automobile always keep car doors locked and windows rolled up. Keep valuables out of sight and locked in the trunk. Purses are safest stored under the seat.

Health Tips

If you are planning to go to the beach or somewhere else warm you might want to think about sun protection. Use sunscreen everyday and apply 30 minutes before going out in the sun, be sure to reapply every few hours or after sweating or swimming.

Wear UV Ray-blocking sun glasses.

If you choose to drink alcohol always have a designated driver or other safe transportation in place. Watch your drink at all times to ensure predatory drugs are not slipped into your drink. Try to avoid drinking from punch bowls and never leave your drink unattended.

You might want to bring a first aid kit along that includes: band aids, over the counter pain relievers, sunscreen and antibiotic ointment. More health tips can be found at:

<http://www.vanderbilt.edu/alcohol/springbreak.html>

Questions? Call...
Student Health Center
(209) 664-6551
Or
University Police
(209) 667-3114

**Be safe and
have fun!**

