PLANNING A SWEET SPRING BREAK TRIP?

HERE ARE 10 TIPS FOR A HAPPY & SAFE SPRING BREAK:

1. DON’T BE A LOBSTER. USE SUNSCREEN (SPF15+). SKIN CANCER IS NOT SWEET.
2. BEFORE HEADING OUT TO PARTY, DESIGNATE A SOBER DRIVER OR GET A REPUTABLE TAXI NUMBER FROM YOUR HOTEL.
3. DON’T LEAVE DRINKS UNATTENDED.
4. USE THE BUDDY SYSTEM – DON’T LEAVE ANYONE BEHIND AT THE END OF THE NIGHT. NO ONE WANTS TO REENACT “THE HANGOVER”.
5. CALL 911 IF A FRIEND IS INCOHERENT OR HAVING TROUBLE BREATHING AFTER DRINKING TOO MUCH. ALCOHOL POISONING IS A MEDICAL EMERGENCY – SERIOUSLY.
6. WHAT HAPPENS ON SPRING BREAK STAYS ON SPRING BREAK, RIGHT? NOT IF IT’S AN STD. IF YOU CHOOSE TO HOOK UP, CHECK OUT SMARTERSEX.ORG.
7. IF YOU DRINK, SET A LIMIT OF ONE DRINK PER HOUR, ALTERNATING ALCOHOL WITH OTHER BEVERAGES.
8. DRINK LOTS OF WATER, AT THE BEACH, BY THE POOL, AT THE CLUB 7 ON THE DANCE FLOOR TO STAY HYDRATED.
9. KNOW THE DRINKING LAWS AT YOUR TRAVEL DESTINATION. CHECK THE LINKS AT SAFE_SPRINGBREAK.ORG.
10. MAKE SURE YOUR FAMILY & FRIENDS KNOW YOUR TRAVEL TIMES, WHERE YOU ARE STAYING, AND HOW TO REACH YOU.