



HAVE A SAFE SPRING BREAK

Get free spring break prizes by taking ADAPT's "Work Hard, Play Smart" spring break pledge at www.virginia.edu/adapt

HOOS are active bystanders

- 1 We stay in a group in which at least one person remains sober
- 2 We monitor anyone who passes out
- 3 We know the signs of alcohol overdose (PUBS)

STAY SAFE IN NEW ENVIRONMENTS



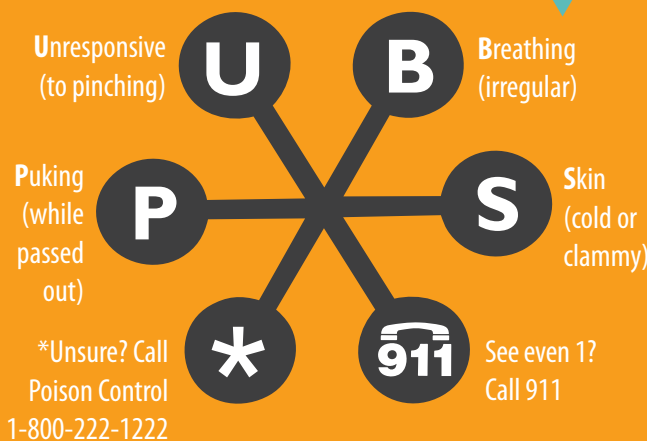
Beware of situational tolerance. Alcohol's effects can increase when you are in new locations or drinking beverages that are not typical for you



Keep an eye on your drink. 94% of UVA students drink from containers they open or watch being opened.



Check the alcohol content of unfamiliar drinks. Some may have more alcohol than you expect.



PLAY SMART!



Sip your drinks instead of chugging



When you're sleep-deprived or ill, alcohol enters the body more quickly



Eat protein-rich foods



Beware of mixing prescription or over-the-counter drugs with alcohol



Minimize drinking before air travel since alcohol has a greater effect at high altitudes



Keep drinks to no more than one standard drink per hour



Caffeine and other stimulants can mask your level of impairment



Drink plenty of fluids (water, sports drinks), especially while in the sun



STAYING SOBER ?

1. Carry a decoy. Put water or soda in your cup
2. Enlist allies. Tell your friends you are not doing to drink.
3. Respond. "I'm good for now" if people offer you a drink.

CHECK HEALTH AND SAFETY PRECAUTIONS ABROAD

studentsabroad.state.gov

CHECK STATE TRAFFIC LAWS: <http://www.ghsa.org/html/stateinfo/bystate/index.html>