

# Having a Safe Spring Break

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Presented by:  
The Alcohol and Drug Abuse Prevention Team (ADAPT)

# Staying Safe

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1.Traveling Abroad

2.General Safety

3.Alcohol Safety

# Traveling Abroad

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1.State Department Notifications

2.Country Specific Information

3.U.S. Customs

# State Department Notifications

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- Review these now and in the days preceding trip:
  - [Long Term Travel Warnings](#)
  - [Short Term Travel Alerts](#)
- For more information contact:
  - Email: [studentsabroad@state.gov](mailto:studentsabroad@state.gov)
  - Toll Free (US): 1-888-407-4747
  - Toll Free (non US): 1-202-501-4444

# Country Specific Information

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- Click [here](#)
- Provides information about:
  - Location of [US Embassy](#)
  - Whether you need a Visa
  - Crime and Security Information
  - Health and Medical Conditions
  - Drug Penalties

# U.S. Customs

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- Travel News
- Bringing food into US
- Registering Items before leaving US
- Traveler Entry Forms
- Restricted/Prohibited Goods
- Airport Wait Times

# General Safety

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- Always carry an ID
- Never travel alone
- Stay with friends
- Be aware of your surroundings
- Be familiar with local emergency numbers

# General Safety

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- Stay hydrated
- Use plenty of sunscreen
- Stay nourished
- Wear sunglasses rated for UVA and UVB protection
- Know fire exits of hotel



# Alcohol Safety

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1. Standard Drink

2. Factors Effecting Intoxication

3. Signs of Alcohol Poisoning

4. Helping Friends

# Standard Drink

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- Equals 0.5 oz. Pure Alcohol
  - 12 oz. Beer
  - 8.0 oz. Malt Liquor
  - 4.0 oz. Wine
  - 1.0 oz. Liquor
- The body can metabolize one drink per hour
- Get your BAC card [here](#)



# Factors Effecting Intoxication

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- Gender: Women are more effected than men for equal amounts
- If you are tired or sick, you will be more effected
- Having an empty stomach increases effect
  - It is best to eat foods high in protein before drinking

# Signs of Alcohol Poisoning

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- PUBS

- Pulse: Should be between 50-140 beats per minutes, not irregular
- Unresponsive: Does not respond to a firm pinch
- Breathing: Should be at least 9 breaths per minute, not shallow and slow
- Skin: Should not be cold, clammy or blue

*Call 911 immediately if the person exhibits one of these signs*

# Helping Friends

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- Never leave a drunk person alone to sleep if off
- Protect the person from injury
- Stay with a drunk person who is vomiting
- Utilize the Bacchus Maneuver
- Do not be afraid to call 911

# Other Alcohol Safety Tips

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- Have a designated driver
- Alternate alcoholic drinks with nonalcoholic
- Count your drinks
- Be aware of alcohol content of drinks
- Never leave your drink unattended

# For More Information

- Visit the following websites
  - *[Gordie Center For Alcohol and Substance Education](#)*
  - *[Elson Student Health Center](#)*
- Contact ADAPT
  - *[adapt-uva@virginia.edu](mailto:adapt-uva@virginia.edu)*