

Wellness Monthly

Spring Break Safety Tips

Alcohol Safety Tips

- Never leave your drink unattended
- Count your drinks
- Know your limit
- Use the buddy system
- Check-in with yourself and others
- Be aware of changes in your body

Signs of Alcohol Overdose

- Severe confusion
- Vomiting
- Slow or irregular breathing
- Bluish or pale skin
- Low body temperature
- Unconsciousness

Standard Drink Sizes



12-ounces of
beer or
seltzer



5 ounces
of wine



1.5 ounces
of liquor

Safe Sex Tips

- ALWAYS get consent!
 - Remember FRIES: **F**reely given, **R**eversible, **I**nformed, **E**nthusiastic, and **S**pecific.
- Use a barrier method
- Avoid consumption of alcohol or other drugs before engaging in sexual activity
- Get regularly tested for STIs and encourage your partner(s)

Free STI Screening

April 2, 2025
8:00am - 10:00am and
1:30pm - 3:30pm

Avoid using the restroom
for 1 hour before testing!

Travel Safety Checklist

Arrive Safely

Avoid driving at night

- Take turns driving
- Share itinerary with family
- Plan for the unexpected

At the Hotel

- Lock the doors
- Put belongings in the safe
- Carry hotel location/info
- Do not share room #
- Refrain from posting your location on social media

Other Tips

- Use the buddy system
- Create a code word in case of emergencies
- Keep track of important items (ID and/or passport)
- Carry cash for emergencies

Beach Tips

- Apply sunscreen AND reapply every 2 hours
- Stay hydrated
- Protect your eyes from the sun with sunglasses
- Stay nourished with snacks
- Be aware of currents and weather while swimming

Coming Home

- Repack all belongings
- Double check hotel room
- Update family members on itinerary and location
- Drive or fly safely!

WOMEN'S HISTORY MONTH

March is Women's History Month! It is a time to honor women's contributions and achievements in American history.

This year's theme is "Moving Forward Together! Women Educating & Inspiring Generations."

Learn something new about women's history.

Support advocacy organizations that impact women.

Celebrate and support the women in your life!



Resources

STAY CONNECTED

Instagram:

@uwlpeerhealth

Tik Tok:

@bewellatuwl



WELLNESS

OFFICE HOURS:

Wednesdays in

OMSS

2:30pm-4:30pm

Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

Violence Prevention

Instagram: @uwlviolenceprevention

Email: advocate@uwlax.edu

UWL Day of Service - March 29, 2025

Serve the local community during various projects around La Crosse! Sign up on UGetConnected.