The Department of Emergency Preparedness & Safety hopes every student traveling this spring break has a great vacation and is able to cut loose (safely) from classes and have a good time (responsibly). To prepare you for a great week, follow these tips:

- Keep your friends in the loop regarding your plans. Let someone know where you are and when you will return. Leave contact information with friends and family so they can get in touch with you, if needed.
- Travel with others when possible and avoid walking in dark, less-traveled areas. The shortest path is not always the best path.
- Stay alert—texting and walking can make you more prone to accidents in addition to being more susceptible to unwanted criminal attention. Be aware of what is going on around you. If you suspect you are being followed, indicate your suspicion by looking behind you. If you are on foot, cross the street, change directions or vary your speed. Head for a place with people as soon as possible.
- Keep your phone with you and charged. Program important numbers (i.e., taxi and shuttle services) and write down the address of where you are staying.
- Drink responsibly—determine in advance the total number of drinks that you will have and do not exceed that. Avoid dehydration which can occur more rapidly when drinking in the sun by drinking a glass of water between any alcoholic drinks.
- Don’t take your valuables with you or have them locked in the hotel safe (get a receipt).

**EMERGENCY PREPAREDNESS TIP:** Weather emergencies can occur anywhere and anytime. When vacationing, set your phone to receive alerts for your location and never get caught unaware in a weather emergency.

### Steps to Deal With Alcohol Poisoning:

1. **Wake the person up.** Call their name; shake them; pinch their skin. If they don’t respond, get help.
2. **Turn and keep the person on their side so that if they get sick, they will not choke on their vomit.**
3. **Check the person’s skin.** If his/her skin is pale or bluish or is cold or clammy, get help!
4. **Check the person’s breathing.** If it is irregular, or too slow/shallow (less than 8 breaths per minute or more than 10 seconds between breaths) get help!
5. **If you discover any one of the above problems, stay with the person and call 911.**

**PROTECT YOURSELF FROM THEFT**

Take the following steps to prevent theft:

- Don’t leave valuables like laptops, phones and purses unattended in common spaces
- Don’t leave your laundry unattended after completion
- Use the engraving tool at the Wanek Center Security Service Center (SSC) to mark your valuables
- Lock down your bicycle
- Lock your residence hall room
- Lock your vehicle doors

**Report all suspicious activity!**

- Report any suspicious behavior to HPU Security by calling 336-841-9111 (Emergency) or 336-841-9112 (non-emergency).