JOURNEY LIKE A JAYHAWK

Whether you're jetting off to the Bahamas or taking a staycation, journey like a Jayhawk with these suggestions:

- **Show your Jayhawk pride. Wear your KU gear.**
  - If you see someone wearing KU gear, shout “Rock Chalk!”

- **Represent KU with class.**

- **Use the Buddy System. Take a buddy with you and watch out for each other.**

**ACT**
- Agree to stay together.
- Check in with your buddy regularly.
- Take charge to return home together.

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JOURNEY LIKE A

spring break 2012

JAYHAWK BUDDY SYSTEM

BE SMART. BUDDY UP.

buddy.ku.edu

KU STUDENT HEALTH SERVICES

The University of Kansas

Health Education Resource Office

(785) 864-9570 • studenthealth.ku.edu
Hesitating to act can mean the difference between life and death. If you see anyone experiencing any of these symptoms while intoxicated, get help:

- Unconscious, passed out or semiconscious and cannot be awakened.
- Vomiting while sleeping or passed out. Not waking up after vomiting.
- Irregular slow breathing (eight or fewer breaths per minute) or lapses of more than eight seconds between breaths.
- Cold, clammy, pale, or bluish skin.

72% of KU students report that in the last 30 days they have not driven after having 5 or more drinks of alcohol.

If you choose to drink, PLAN TO DRINK SAFELY

- One drink = 12 oz. beer = 4 oz. wine = 1 oz. shot
- Set a limit for number of drinks before you start drinking.
- Alternate nonalcoholic beverages and have no more than one drink per hour.
- Designate a sober driver and have a backup plan to get home safely.
- Alcohol and swimming don’t mix.
- Always watch the bartender make or pour your drink and never drink from an unattended glass.
- If you start to feel ill or faint, have your friends take you somewhere safe.

WHAT TO DO

- Call 911.
- Stay until help arrives.
- Turn the person on his/her side.
- Monitor breathing.

WHAT NOT TO DO

- Leave the person alone or let them “sleep it off”.
- Allow the person to drive.
- Give food, liquids, medication or drugs.
- Encourage the person to walk, run or exercise.
- Put the person in a cold shower.

TOP 10 TRAVEL SAFETY TIPS

1. Make sure someone knows where you are going and when you expect to return.
2. Park your vehicle in a well-lit area and do not leave personal items in plain view.
4. Do not go out alone on a date with a person you have only known a day or two.
5. Avoid wearing flashy or expensive clothing and jewelry.
6. Do not carry large amounts of cash/credit cards, but do carry your Passport (if abroad) and ID.
7. Stay in tourist areas and avoid high crime areas.
8. If you plan to go abroad, check the Department of State (travel.state.gov) for travel advisories.
9. Laws may be different in other countries. If you are accused of or are victim of a crime, contact the U.S. Embassy or Consulate Office in that country.
10. You must be at least 21 to drink anywhere in the U.S.