Sun Safety Tips

- **Avoid Mid-Day Sun.** The sun’s UVB rays are most intense between the hours of 10 a.m. to 3 p.m. However, the UVA rays that contribute to premature skin aging are present all day.

- **Be Careful at Higher Altitudes.** Solar radiation increases 4% to 5% with every 1000 feet above sea level.

- **Cover Up.** Although clothing does not completely protect from the sun’s rays, a sun hat, long sleeves, and long pants can help.

- **Be Aware of Reflected Light.** Sand, cement, water, and snow can reflect harmful radiation. Be careful on cloudy days when up to 80% of the sun’s radiation reaches the ground.

- **Don’t Mix Sun and Certain Medications.** Some medications cause the user to be more sensitive to light and susceptible to burning. Always read the warnings for your medications before going out in the sun.

- **Use a Sunblock and Remember to Reapply, Reapply, Reapply!** Reapply sunblock if you towel dry or if you have been in the water. Remember, sunblock will only provide protection for the length of time indicated by the Sun Protection Factor number.

- **Examine Your Skin Regularly.** Be on the lookout for any new raised growths, itchy patches, non-healing sores, or changes in moles or new colored areas that might signify a form of cancer.

- **Keep Hydrated.** Make sure you drink water and non-alcoholic and non-caffeinated beverages while on the beach or slopes. Alcohol and caffeine dehydrate your body, which is the main contributor to hangovers!

Health Education Resource Center

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Have a Safe and Fun Spring Break by Following These Tips!
**Basic Checklist**

- Shampoo, conditioner, brush/comb, hairdryer, styling implements
- Contact lens solutions, prescription glasses and sunglasses
- Toothbrush, toothpaste, floss, mouthwash
- Prescription medicines and refills, including birth control pills
- Over-the-counter medications: aspirin, anti-motion sickness, medication, antiuretics, antacids, antihistamines, vitamins
- Sunscreen and sun-protective lip balm
- Shaving cream, razor, aftershave
- Deodorant, favorite soap, perfume
- Body moisture lotion, face cream and cosmetics
- Personal care items: condoms, lubricant, contraceptives, tampons/pads
- Basic FIRST AID KIT

**General Tips**

**Give yourself a budget**
Plan to spend 20% on food, 10% on travel, 30% on shopping and excursions, and 20% on nightlife. Note that these percentages don’t make up 100%. You’ll want some emergency cash in case of a day of indulgence and to make sure you have enough left to get home at the end of the week. Even if you don’t stick to your budget, you’ll be a lot closer than if you just went on a free-spirited spending spree.

**Don’t rely on cell phones**
You don’t know where you’ll hit a dead zone, or a high-frequency area that won’t let your calls go through. If you and your friends are splitting up into groups, establish a set time and meeting spot just to make sure you don’t miss each other. Meet up a couple times a day to reevaluate the plan, or say you’ll all get dinner at six and then decide the night’s course of action.

**Do your research**
Get maps before you leave. Ask people you trust if they can recommend a good hotel. Try to brush up on the local rules and laws of the place you’re headed. The last thing you want to do is get lost, check into a lodging that is reminiscent of hostel, or get in trouble for something you didn’t even think was wrong.

**Don’t carry too much money**
Know your currency and plan accordingly. Don’t bring a lot of large bills or more than one major credit card out with you. Make sure to keep purses and bags with you at all times.

**Alcohol Safety Tips**

### Dehydration
- Alcohol dehydrates the body. When adding sun and salt on the skin, the body is more susceptible to dehydration.
- Drink non-alcoholic and non-caffeinated beverages to replace body fluids lost from being in the sun.
- Warning signs of pending dehydration are dark urine or infrequent urination.
- Signs of dehydration include dizziness (especially if consuming alcohol), racing heart, weakness, muscle spasms, passing out, and confusion.

### Hangovers
- Symptoms of a hangover include headaches, vomiting or nausea, “cotton mouth,” and fatigue due to a depletion of oxygen to the brain.
- Sip, do not gulp drinks, eat before and during drinking, and pace drinks. (Males should have one drink per hour and females should have one drink per 1.5 hours.)

**NOTE**
Never mix alcohol with prescription drugs or illicit drugs (especially depressant drugs like GHB).

**Sexually Transmitted Infections Go on Spring Break Too!**

Various factors contribute to potential problems with sexual activity while enjoying Spring Break. Some of these include alcohol and protection issues. Protect yourself by remembering the following facts and precautions.

- Too much alcohol contributes to miscommunication and misreading intent, which can lead to unwanted sex or sexual assault.
- Of college women involved in acquaintance rape, 55% were using alcohol/drugs; of men involved, 75% were using at the time of the crime.
- Percent of college women who were intoxicated when they contracted an STI: 60%

**Drunken Consent Is Not Consent!**
Alcohol and sex do not always go together. Perceptions can be altered by alcohol and influence you to make choices you might not ordinarily make. Be aware of your surroundings and stay with people you trust. If you do go off on your own, make sure you tell a friend where you are. Remember to always use barrier protection, like condoms, to protect against STIs and unwanted pregnancy.