



Want a Spring Break Survival Kit?
Be one of the first 50 students to visit the UHS Health Promotion Office this month!



The Monthly InSTALLment

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs

Here's to Having a Safe and Healthy Spring Break!

Heading South for Spring Break?

Time in the sunlight helps your body make vitamin D, which can be important for good health. Too much sunlight can be harmful. Below are some steps you can take to limit your amount of exposure to UV rays. Not heading south for Spring Break? Keep these tips in mind for summertime!

Cover Up

When you are out in the sun, wear clothing to protect as much skin as possible. If you can see light through a fabric, UV rays can get through, too.

Use Sunscreen

Use a sunscreen with a sun protection factor (SPF) of 15 or higher and use a broad spectrum sunscreen that protects against both UVA and UVB rays. Regardless of the SPF, sunscreen should be reapplied about every 2 hours.

Wear a hat

A hat with at least a 2- to 3-inch brim all around is ideal because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.

Wear Sunglasses that Block UV Rays

Research has shown that long hours in the sun without protecting your eyes increase your chances of developing eye disease. UV-blocking sunglasses can help protect your eyes from sun damage.

Limit Direct Sun Exposure During Midday

Another way to limit exposure to UV light is to avoid being outdoors in sunlight too long. UV rays are most intense during the middle of the day, usually between the hours of 10 am—4 pm.



For more information, check out:
www.cancer.org

How Much is Too Much?

Here at the University of Rochester, approximately 65% of our students reported in 2009 that they drank alcohol in the past 30 days. That means that 35% of our students are choosing not to drink! Among the students who did drink, 69% of them kept their drink totals to under 5 drinks in one sitting.

Because 31% of our students consume 5 or more drinks in one sitting, it's important to know how to recognize the signs of alcohol poisoning. It's equally important to know how to get help should a friend show the signs of someone who has consumed a dangerous level of alcohol.

Signs of Alcohol Poisoning

- ♣ Mental confusion, stupor, coma, or person cannot be roused.
- ♣ Vomiting.
- ♣ Seizures.
- ♣ Slow breathing (fewer than eight breaths per minute).
- ♣ Irregular breathing (10 seconds or more between breaths).
- ♣ Low body temperature, bluish skin color, paleness.



Did You Know?

89% of UR students report using a designated driver when drinking!

How to get help

On campus

Call Security – x13, #413 from a Verizon or AT&T cell phone, or call (585) 275-3333.

On Spring Break

Before going out for the night, be sure you check into how you would call for help if necessary. It's best to have a plan for an emergency, even if you don't anticipate needing it. If you aren't sure where to find this information, contact the front desk staff at your hotel or check a phone book for local law enforcement contact information.

The best way to help a friend who has consumed too much alcohol is to get help IMMEDIATELY.
Please remember that doing nothing is far more dangerous than calling for help!

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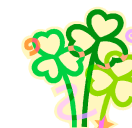
Are Mid-Terms Stressing You Out?



Mid-terms can be a very stressful time for UR students. It's important to get enough sleep and to eat regular, healthy meals. Here are some tips to help alleviate stress while studying for exams:

- ♣ Take regular breaks, at least 1 per hour.
- ♣ Be sure to get 6-8 hours of uninterrupted sleep per night.
- ♣ Take time for yourself—read a non-academic book, watch a favorite program on TV, or enjoy a movie with a friend.
- ♣ Be sure to eat regular, healthy meals that contain protein, vegetables, fruit, and a starch!
- ♣ Get outside! Take a walk, go for a bike ride, or go for a run.
- ♣ Be sure to keep in touch with friends and family—they often keep us feeling grounded and centered.

Here are some techniques to try if a situation feels overwhelming:



Controlled Breathing

- ♣ Inhale slowly and deeply through your nose to a count of six, allowing air to fill your lungs up.
- ♣ Hold your breath for a count of four.
- ♣ Then exhale slowly and completely while counting to six again.
- ♣ Repeat this six or more times.

Mental Imagery

- ♣ Close your eyes and place yourself in the most peaceful, relaxing place you can imagine.
- ♣ Use music, if possible, to help you relax as you mentally create the sights, sounds, and sensations of your personal oasis.

Progressive Muscle Relaxation

- ♣ Starting with your face and working your way down to your feet, tense each muscle group in turn for a count of five. Then slowly relax for a count of 30.
- ♣ Repeat this at least once in each area before moving on to the next.

The UHS Health Promotion Office wishes all students a safe and healthy Spring Break!