How Much is Too Much?
Here at the University of Rochester, approximately 64% of our students reported in 2014 that they drank alcohol in the past 30 days. That means that 36% of our students are choosing not to drink! Among the students who did drink, 53% drank 4 or fewer drinks the last time they partied.

Students who consume 5 or more drinks in one sitting may be putting themselves or others at risk. The more alcohol one consumes, the greater the likelihood that one may end their night in a negative way. Having an awareness of the signs of alcohol poisoning may be helpful should a friend consume a dangerous amount 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.

Getting Help

Off Campus
Before going out for the night, be sure to have a plan to 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 are in Rochester, call 911.

If you are out of town and aren’t sure where to find this information, contact the front desk staff at your hotel or Google 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!

Heading South for Spring Break?
Time in the sunlight helps your body make vitamin D, which can be important for good health. However, 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 anytime!

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 can increase your chance 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

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 at least 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.

Spring Forward with Healthier Behaviors!

How to get help

On campus, call Public Safety.
(585) 275-3333

Spring Forward with Healthier Behaviors!

Have a question?
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