GetING Around SAFELY

WALKING

- Make sure cars and bikes can easily spot you by crossing the street at marked pedestrian crosswalks (press the button for flashing lights) and by waiting for the pedestrian signal at intersections.
- On busy sidewalks or at crosswalks, stop phone use and drop an ear bud so you can navigate without distractions.
- Texting while walking is tricky! If you want to text, stop and move off the sidewalk, or walk quickly to get where you are going, then text after you arrive.

BICYCLING

Biking is fun, plus it’s good for your body, the air quality, your pocketbook, and your busy schedule.

CYCLE SAFETY:
2. Use front and back lights between sunset and sunrise.
3. Stay alert and skip the earbuds.

KNOW LOCAL LAWS OF THE ROAD
1. Obey the same traffic rules as cars.
   - Ride on the right, in the same direction as traffic.
   - Stop at stop signs and red lights.
   - Yield to pedestrians in crosswalks.
2. No biking on sidewalks. If in pedestrian spaces, hop off and walk your bike.
3. Use hand signals.

DRIVING

- Keep an eye out for pedestrians and bicyclists, especially around Grounds and downtown. Avoid phone use while driving so you can focus on the road.

SPRING BREAK TRAVEL

IF TRAVELING AT SPRING BREAK, PLANNING AHEAD CAN HELP YOU MAXIMIZE FUN AND MINIMIZE PROBLEMS.

ROAD TRIPS

Road trips with friends can be great! Remember to:
1. Map out your route ahead of time.
2. Take turns driving so no one gets tired behind the wheel.
3. Have the front passenger control phone use, music, and directions.

HEADING TO ANOTHER COUNTRY?

- Make an appointment (asap!) with the Student Health International Travel Clinic for immunizations, prescriptions, and travel advice, even if traveling with an organized group. Details on the Student Health website.
- For international travel tips, visit travel.state.gov and search for the ‘Students Abroad’ page. Get information specific to the country you are visiting, like recommended vaccinations and considerations for local food and drinking water safety.

HOOS PLAY SMART!

Remember to be aware of different surroundings and to use protective behaviors to help reduce risk if choosing to drink over break.

1. Drink less alcohol and drink more slowly in new surroundings. Stay with a buddy you trust. Eat food. Avoid mixing alcohol with other drugs. Plan a safe way home.
2. Alcohol use can increase risk of dehydration, injury, or drowning. Whether swimming or hot tubbing, soaking sober is safer, and sticking with friends allows people to watch out for each other.

NOW RECRUITING FOR 2017-2018!

Work for the Stall Seat Journal:
Job announcements on Handshake and in Connections right after Spring Break, or email StallSeatJournal@virginia.edu.

JOIN A PEER EDUCATION GROUP:
1. Alcohol and Drug Abuse Prevention Team (ADAPT) – virginia.edu/adapt
2. Peer Health Educators (PHEs) – Peer Health Educator page at atova.student.virginia.edu

WANT THIS POSTER FOR YOUR ROOM?
FEEL FREE TO TAKE ME HOME
MARCH 20 - 24.

TALK TO US AT
STALLSEAT.JOURNAL@VIRGINIA.EDU

GETTING AROUND SAFELY

VOLUME 17, ISSUE 11 • STALL SEAT JOURNAL