

Have a Safer Spring Break

93% of KU students stay with the same group of friends the entire time they're drinking.



Avoid drinking and swimming.



Apply sunscreen every two hours.



Count your standard drinks:
12 oz of beer (\approx 5% ABV)
5 oz of wine (\approx 12% ABV)
1.5 oz shot of liquor (\approx 40% ABV)



Drink plenty of water while in the sun. Try alternating water while drinking alcoholic beverages.

87% of KU students use a designated driver when they've been drinking.



Keep your cellphone charged at all times.



JAYHAWKS ACT. BUDDY UP

Source for KU Statistics:
National College Health Assessment, Spring 2017

Pick Up a Safer Spring Break Kit while supplies last

Monday, March 12:

Oliver/Downs Commons @ Noon

Daisy Hill Commons @ 7 p.m.

Tuesday, March 13:

Naismith Hall @ Noon

North College Cafe @ 5 p.m.