

UW-Marathon County Library Restroom Reader

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Spring Break Safety

Limit alcohol. If drinking alcohol is part of your break, remember that it can impair your judgment and actions. Don't drink and drive.



Be active. You've probably been sitting most of the year working at the computer, studying, or in class. During the break, take the opportunity to start a fitness program. Do a variety of fun activities like walking, dancing, playing volleyball, swimming, and more. It doesn't need to be hard to be beneficial.

Protect yourself. Love is all around, and so are sexually transmitted diseases. The only 100% sure way to prevent sexually transmitted diseases and unintended pregnancy is by not having sex. If you choose to have sex, using latex condoms and having a monogamous, uninfected partner may help lower your risk.

Protect yourself from the sun. After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

Be smoke-free. Avoid smoking and secondhand smoke. Just 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continue for years.

Personal Safety on Campus

If you are in trouble, look for the **blue emergency lights. On the pole is a button to push that will automatically call 911. There are four located on campus:

1. North side of main building
2. West entrance
3. Parking lot G
4. By Art building.



**Avoidance, de-escalation and retreat are not cowardice

**Fight only as an absolute last resort

**Remember material goods should always be forfeited for personal health... in other words give up your wallet or purse rather than fight and be injured

**Body language—You are either predator or prey. An aware confident look or posture, even just having a whistle on your keychain, may deter attack

Computer Safety

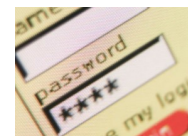
Remember to log off the computers when you leave!

Do not put any sensitive or private information in an email message or an email attachment! This includes: passwords, social security or driver's license numbers, credit card, bank, or other account numbers.



Only open email from trusted sources!

UWMC will never solicit your password! So please do not share it with anyone, not even someone you trust. Your password must be protected in all situations!



Driving Safety

Driving your vehicle in hazardous conditions, such as snow, heavy rain, or thick fog, is a matter of preparation, practice, and—as always with driving—**calm and caution**. And just because it is not a blizzard does not mean conditions are not hazardous. With the oils and exhaust that accumulate on highways, only a small amount of precipitation can cause the roadway to become slick, hindering your ability to control and stop the vehicle.



Mental Health Counseling

It is well documented that healthy students are more prepared to learn. The entire focus of the mental health program at UWMC is to reinforce healthy behaviors and reach out to students who may be experiencing difficulties.

Elmergreen Associates, Inc. has been contracted to offer professional mental health counseling services. Professional, confidential appointments are available both on campus in **Student Affairs** and off campus.

Mon, Tues, Thurs, Fri: 9am-12pm, 1pm-3pm
Wed: 10am-12pm, 1pm-3pm

March Library Events

Books to Movies Series



Based on the book by James Dashner

March 11 at 2:30 pm

Library Classroom (Room 255)