



## Strategies to Keep You Safe:

- Establish a plan before you head out.
- Eat a high-protein meal before drinking to slow down the absorption of alcohol.
- Set a drink limit and track, measure and pour your own drinks.
- Know how much alcohol is in your cup.
- 3 drinks for women/4 drinks for men per occasion.
- Drink water — pre-hydrate, and hydrate, hydrate...
- Pre-game with caution and avoid the W&L punch.
- Slow down or stop when you feel a buzz.
- Have a friend let you know when you have had enough.
- Choose not to drink even though you could.
- Make sure your phone is charged and have emergency numbers (LiveSafe App).
- Be a good friend and active bystander by watching out for your own and your friends' safety.

### Signs of Alcohol Poisoning:

- C**old, clammy, pale or bluish skin
- U**nconscious or unable to be roused
- P**uking repeatedly or uncontrollably
- S**low or irregular breathing (8 or fewer breaths/minute)

## SAFE HAVEN

Seeking medical help for an intoxicated student will **NOT** result in disciplinary action. If in doubt call the nurse 24/7 at (540) 458-8401 for advice.

The CCC promotes communication, cooperation, and collaboration between the student body, neighboring community, landlords, law enforcement and university.

### When off-campus:

- Public intoxication, excessive noise and littering reflects poorly on Washington and Lee students.
- Throw cups away in a trash receptacle before leaving.
- Follow noise ordinances and turn the volume and bass down.
- Only accept a ride from a non-drinking driver or Traveller.
- Show respect for Traveller staff.



(540) 458-8900 [traveller.wlu.edu](http://traveller.wlu.edu)

### TRAVELLER DISPATCH (Van Shuttles)

- ✓ 7 nights a week; 10 p.m. to 2 a.m.

### TRAVELLER TRANSIT (Bus Service)

- ✓ Wed., Fri., and Sat. nights; 10 p.m. to 2 a.m.
- ✓ Buses run continuously during this time on a defined route (see [traveller.wlu.edu](http://traveller.wlu.edu) for more info or changes)

**No Alcohol Permitted in ANY Traveller Vehicle | MASKS REQUIRED**



## Tips to Stay Healthy @ W&L

### MANAGE YOUR EMOTIONAL WELL-BEING:

- **Unplug** — take a break from devices especially 30 minutes before bed — this helps us sleep better and not feel overwhelmed.
- **Carve out daily ME time** — make time to hang out with friends and de-stress by reading a book, going for a walk, watching your favorite TV show, or picking up a hobby.
- **Stay connected** — check-in with friends and family; express gratitude on a daily basis; random acts of kindness make us and others feel good.
- **Get involved** — there are many organizations and volunteer opportunities at W&L.
- **Experience nature** — just being outside can help rejuvenate us!
- **Practice mindfulness** — helps to keep you calm and focused.

### MANAGE YOUR PHYSICAL WELL-BEING:

- **Get enough sleep** — 7-9 hours is the magic number for optimal brain performance.
- **Make healthy food choices** — a balanced diet helps boost your immune system. The Marketplace offers many healthy options.
- **Always eat breakfast** — even something small on your way to class will jump-start your metabolism giving your body fuel to start the day.
- **Stay hydrated** — drink at least 6-8 cups a day depending on exercise and other environmental factors.
- **Get a flu shot** — free at the Health Center 24/7. Living in close quarters means once the flu hits it spreads like wildfire.
- **Fit in fitness** — exercise will fend off stress and give you energy to make it through a marathon class load. The Fitness Center, Campus Rec, and Outing Club can help get you moving!
- **COVID-19 precautions** — wash hands frequently, wear a mask when appropriate, avoid crowds and poorly ventilated spaces, and vaccinate.

## Important Numbers

W&L Public Safety	(540) 458-8999
Traveller	(540) 458-8900
Student Health Center	(540) 458-8401
Lexington Police	(540) 462-3705
Rockbridge Co. Sheriff	(540) 463-7328
Emergency Department ( <i>Hospital</i> )	(540) 458-3347
Suicide Prevention Lifeline	(800) 273-8255

**LiveSafe app** — *download for your personal safety*



- Download the app from iTunes or Google Play
- Fill in your name and contact information
- Select “Washington and Lee” as your school