



## **OFFICE OF THE SHERIFF**

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# **TIP OF THE WEEK**

## **FOR IMMEDIATE RELEASE**

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## **SPRING BREAK SAFETY TIPS**

For many schools, Spring Break is upon us! A break from school usually means time with friends and family, a rest from school, and travel. Regardless of how your household is spending spring break, there are some ways you can make your holiday safer while still having fun.

You already know the basics, stay hydrated, wear sunscreen, and avoid alcohol and other substances. If you do lawfully partake, be responsible and consume in moderation. If you are traveling, remember to prepare ahead and make plans to keep yourself and your companions safe. Below are some tips for a Spring Break safety.

### **Plan Ahead**

- Share your plans with loved ones including:
  - Any arrival or departure dates.
  - Locations and contact information for where you are staying.
  - Who you are travelling or staying with.
- Update your car or travel emergency supplies before heading out.
- Secure important documents like your passport and other ID.

### **Health and Safety**

- Practice outdoor safety:
  - Wear sunscreen and eye protection.
  - Seek shade and cooler temperatures in hot climates.

- Avoid cooling off in cold bodies of water. Drowning and/or hypothermia are more likely to occur when outdoor temperatures are warm and the water is cold.
  - Wear life jackets and avoid alcohol or other substances while boating, swimming, or during other water activities.
- Practice social responsibility:
  - Be considerate of others. Try talking out conflicts respectfully if issues arise.
  - Don't drink or use substances and drive.
  - Remember the rules of consent. If someone does not want to drink, have sex, or participate in another activity, be respectful and don't pressure them to do so.
  - Use the buddy system. Travel with people you trust and do not leave someone behind or with strangers.

**Don't forget your pets:**

- If travelling with your furry, feathery, or scaly companion, don't forget to bring emergency supplies for them.
- Be mindful of temperatures during activities or if you must leave them unattended.
- Have a backup pet sitter or emergency contact in case something happens before you can get back to them.

Spring Break can mean lasting memories with your friends. Unfortunately, it can also mean tragedy and increased accidents. As the weather continues to get nicer and there are more opportunities to be outdoors, remember to put safety first to protect yourself and those around you.

For more information and tips, visit our website at [www.lincolncountysheriff.net](http://www.lincolncountysheriff.net) and like us on Facebook at Lincoln County Sheriff's Office – Oregon.

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