



## FOR IMMEDIATE RELEASE

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## 7 Steps to Make Your Spring Break a Disaster *(or what to do to avoid the disaster)*

**Eau Claire, WI, March 16, 2018** – Spring break is upon us. We know exactly what you’re thinking- “How can I have the worst Spring Break ever?” Wait, really? You’re thinking that? Well, if so, read the 7 steps below. But if you want to have a great Spring Break and avoid disaster, read the advice below each step.

### Step One: Plan nothing

As exciting as a trip full of surprises sounds, leaving everything up to chance may only make you miserable. If you take medications, remember to pack them. If a vaccination is recommended for your travel destination, get the shot. If you are road tripping, know how to use a GPS.

### Step Two: Throw out the rulebook on safety

Who could possibly be a fan of rules on safety? People without sunburns, people without sexually transmitted infections (STIs), people who avoid drowning, and people who know seatbelts save lives. Want to be more like these people? Lather on the sunscreen when you are in the sun. Use a condom if you have sex. Know how to swim and/or use a life jacket in the water. And remember, spring break does not mean a break from wearing your seatbelt.

### Step Three: Risk it for the biscuit

Risks are sometimes necessary, but let’s avoid them if at all possible with what we choose to eat and drink. A questionable sandwich probably isn’t worth the potential for a foodborne illness. *(Every year the health department receives reports from people who return from vacation with diarrheal illnesses. These illnesses are most likely related to drinking unsafe water or food while on vacation.)*

A traveler leaving the United States can come across a number of risky choices for food and drink. Risky choices include raw or rare food, street food, bush meat, drinking water in some countries, and unpasteurized milk and juices. What might be safer choices for this traveler? Hot, well-cooked food, dry or packaged food, bottled or canned drinks, and hot drinks.



**Step Four: Give your Fitbit a break**

After months of sitting at a desk and studying, do you really want to spend your entire spring break couch potato style? Don't give your Fitbit a break; use the week to challenge yourself to be more active!

**Step Five: Eat ice cream for breakfast**

Though our inner kid would cheer for us with each scoop, our outer adult may be less impressed. Indulging in a treat is okay, but maybe skip the ice cream at breakfast. Remember you want to fuel your fun, in a healthy way. Enjoy your adventures to the fullest while keeping vegetables, fruits, whole grains, low-fat dairy products, lean meats, poultry, fish, legumes, and water on the menu.

**Step Six: Smoke like a chimney**

Even chimneys don't need smoke coming out of them to have a ton of character and look cool. Consider taking a smokeless chimney's lead. If you do smoke cigarettes, quitting can be hard but it will be worth it. *(If you're interested to quit, there is help. Call the Wisconsin Quit Line at 800-QUIT-NOW)* Nonsmokers are less at risk for many health issues.

**Step Seven: Swim like a fish and drink like one too**

Here's the catch, fish don't have judgement like a person. Also fish don't drive cars. If you choose to have alcohol, be smarter than a fish and don't overdo it. Remember drinks can add up fast. One serving of beer is 12oz, one serving of wine is 5oz, and one serving of liquor is 1.5oz. Binge drinking is five or more servings for guys and four or more servings for gals per occasion. Without thinking, one drink can quickly turn into one too many.

"For your own health and safety, we hope you **don't** follow the seven steps to a spring break disaster, says Paulette Magur, Communicable Disease Division Manager. "Instead, remember what you can do to avoid disaster and enjoy your spring break to the fullest!"

For more information on a safe and healthy spring break, visit <https://www.cdc.gov/family/springbreak/>.

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