



**FOR IMMEDIATE RELEASE**

**Contact:**

Allison Gosbin, RN  
Public Health Nurse  
715-839-4731  
[allison.gosbin@co.eau-claire.wi.us](mailto:allison.gosbin@co.eau-claire.wi.us)

**Make Your Spring Break a Safe One**

**Eau Claire, WI, March 14, 2019** – If ever there was a spring, we needed a break, this is it. If you are one of the lucky ones escaping Wisconsin weather for something warmer and less wet, here are a few tips to stay safe.



- **Choose bottled water if you are traveling outside the U.S.** Drinking water in some countries is a risky choice. It can be contaminated with bacteria or parasites. Be careful eating fresh fruits and vegetables also. They may have been rinsed with this contaminated water. “Every year the health department receives reports of people who return from out-of-country travel with diarrheal illness. Most likely, these illnesses were caused by drinking unsafe water,” states Allison Gosbin, Public Health Nurse.
- **Get a flu shot.** Influenza is occurring throughout most of the U.S. Airline flights expose you to many people from other states and countries. You do not want to spend your vacation in bed with fever, chills, cough, and body aches. Make a quick call to your healthcare provider to schedule a nurse visit, stop in at a local pharmacy, or call the Health Department to get that flu shot now.
- **Plan for fun in the sun.** After a long Wisconsin winter, soaking up some sun sounds heavenly. Make sure to use sunscreen to avoid painful sunburns and skin damage. Drink plenty of bottled water to stay hydrated and avoid heatstroke.
- **Use the buddy system.** If you are traveling to an unfamiliar destination or a destination where the native language is not your own, do not wander off on your own. Take a companion with you while you are swimming, shopping, or sightseeing.

Stay safe and make Spring Break memorable for the right reasons – rest, warmth, and fun. For more tips on Spring Break safety, see <https://www.cdc.gov/family/springbreak/>.

###