We are “treating” you to some tips on how to keep you and your valuables safe.

Walking around at night and chatting on your cell phone makes you stand out like a lighted jack-o-lantern. You are leaving your self vulnerable for some one else to make some quick cash.

Did you know that you can download an application that enables GPS tracking like “Find My Phone” for I phones or similar software for Android phones?

Leaving your purse, laptop, backpack or other personal possessions even for a few seconds allows someone else to “treat” themselves at your expense.

Be sure to keep your residence door locked at all times. This will keep uninvited goblins from helping themselves to whatever they may find in your room.

Going to party for Halloween? We have some tips on how to keep yourself safe if you choose to drink. Keep reading……
Trust your instincts. If you feel spooked at any point during Halloween weekend, go with your gut. If you see something suspicious, contact the local authorities immediately.

Avoid being alone or isolated with a goblin you don’t know well. Let a trusted friend know where you are and whom you are with at all times. If a goblin asks you to go somewhere, let him or her know you’d rather stay with the group.

Know your surroundings and learn a bright jack-o-lantern route back to your car or dorm. Always carry emergency cash and store the phone numbers of local cab companies in your phone.

When you are out with your friends, arrive together, check in with each other throughout the night, and leave together. Form a buddy system so that no one wanders off alone and agree on a secret “butt in” signal for uncomfortable situations, such as “Mummy!”

Don’t accept “witch’s brew” from people you don’t know or trust and never leave your “witch’s brew” unattended. If you lose sight of your “witch’s brew,” get a new one.

Don’t let your guard down. Don’t assume people you’ve just met will look out for your best interests; remember that they could be the Grim Reaper. Watch out for your friends. If a friend seems out of it, is way too intoxicated for the amount of alcohol they’ve had, or is acting out of character, get him or her to a safety place immediately.
Halloween parties can be fun. It is also a high risk time for some dangerous behaviors including abusive behaviors, sexual assaults, hospitalizations, drunk driving and alcohol poisoning.

Don’t let Halloween turn into a nightmare!!! Party safe!!

No Boo’s about it: Alcohol Poisoning is a very real and serious medical emergency caused by ingesting too much alcohol too quickly.

**Signs of life-threatening levels of intoxication**

- Vomiting
- Breathing – 8 seconds or more between breaths
- A person has passed out, or is asleep, and cannot be aroused, or can only be slightly aroused for a few moments
- A person’s hands or feet are colder and clammy, or skin is pale or bluish

These are some signs for a medical emergency!! Call 946-3911 immediately!!

**What to do:**

- Call 946-3911 or 911 immediately!!
- Do Not leave the person alone.
- Turn the person on his/her side to prevent choking or suffocating in case of vomiting.

**BLACKOUTS**

Blacking out is not the same as passing out. Passing out involves a loss of consciousness. When you black-out you are still conscious, but there is no memory during a blackout. You are awake and functioning but later can’t remember what you did.

Blackouts are related to the quantity of alcohol consumed..

- A blackout is not associated with normal or healthy alcohol use.
- It is a chemically induced period of amnesia that can last for seconds, minutes, hours and/or days.
- Blacking out involves the inability to transfer short-term memory into long-term memory.
- Blackouts occur with: gulping drinks, extended drinking over long periods of time, fatigue, no food, and old age.

Being in a blackout increases the likelihood for other high risk behaviors such as unwanted sexual experiences, drinking and driving, alcohol poisoning, etc.

Blackouts are common among alcohol abusers and are a warning sign to drinkers and their friends that alcohol related problems exist. Frequent blackout’s are considered an early high-risk indicator of alcoholism.