



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health and Wellness Promotion at the Center for Health and Well-Being

March 2021

Irish saying to live by:

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far



Remember that we share this town with others who may not celebrate St. Patrick's Day. Try to be respectful of others if you choose to drink!

- Keep the volume to a moderate level
- Clean up any trash you make
- Avoid large crowds and parties
- Do not block roadways or trespass on others' property.



Don't trust your luck when it comes to cannabis!

There have been several cases reported of people experiencing negative side effects from cannabis use. Please use caution and think about the following before you light up.

- Cannabis can be laced with PCP or formaldehyde which can cause uncharacteristic physical illness such as difficulty breathing, dizziness, nausea/vomiting, change in appetite, irritability, changes in heart rate or blood pressure.
- Users could also experiencing psychotic effects like hallucinations, confusion, or disorientation
- It is difficult to detect laced cannabis.
- Your safest bet is to not use cannabis, but if you do and you experience any side effects, seek immediate medical help by calling 911.



For those who choose to drink, here are tips for staying safe:

- ◇ Plan your drinking before you go out!
- ◇ Eat high protein food before drinking.
- ◇ Count your drinks.
- ◇ Alternate alcoholic and non-alcoholic drinks.
- ◇ Be aware of what you are drinking. Even if the beer is green, 12 oz. still counts as a standard drink.
- ◇ Raising your glass and playing drinking games may seem like fun; raising your BAC and experiencing negative consequences are not!
- ◇ Plan a ride home by designating a driver, use ride sharing services, or calling a taxi.
- ◇ Drink plenty of water.
- ◇ Give yourself an Alcohol Checkup before you go out by visiting:

www.iup.edu/atod

AND REMEMBER...

University, Borough, and State Police will be patrolling and will stop anyone who is intoxicated and drawing attention to themselves. Play it safe and either party without alcohol or keep your BAC in check.

Safety

University Police 724-357-2141

Police 9-1-1

Medical Care

Indiana Regional Medical Center 724-357-7121

The Counseling Center

The Counseling Center 724-357-2621

Education

IUP ATOD/Oasis 724-357-1265

