

# Special Edition: Spring Break Have a Great Spring Break, Lobos!

DEAN OF STUDENTS

Dear Lobos:  
Spring break is a time to have fun – relax and rejuvenate – but stay safe!

It is a time to get ready for the next and last 8 weeks of the semester!

With spring break upon us, we wanted to share some spring break tips from our partners with Campus Office of Substance Abuse Prevention (COSAP) and Student Health and Counseling (SHAC). Check them out below!  
Enjoy! Stay safe! Relax!

~Dr. Jenna Crabb  
Interim Dean of Students

## Spring Break Wisdom from COSAP

Students:

Whether your plans involve jetting off or road-tripping to a warmer locale with blue water and lots of white sand, or just a relaxing “stay-cation” in the 505, please remember- go easy on the intoxicants to maximize the fun and create lasting memories with your friends! We know that many of you use alcohol pretty moderately, so don’t make up your mind to overdo it because that’s what you are “supposed” to do on Spring Break. You aren’t supposed to do anything, except have a great time!

Sadly, there will be those who think that more is better and will really overdo it. Besides placing themselves at risk for an accident/injury, a fight, or some other nastiness that might involve a hospital or a police car, they can put YOU at risk! Try to stick with the people who are going all-out to have fun, not just seeing how drunk and crazy they can get!

Set some limits for yourself before you leave for Spring Break. Know your limits and stick to them. Stay with your friends and have each other’s backs. Stay safe, have a great time, and we’ll see you back on campus soon!

~COSAP

## SHAC Travel News

### ZIKA and Other Vector-Borne Disease

You may have heard of Zika virus. This mosquito-borne infection made headlines early this year due to large infection rates in several countries and the possible impact this infection may have on a growing fetus. Further news broke when it was also determined that Zika can be spread through sexual contact. This prompted the Centers for Disease Control and Prevention (CDC) to advise pregnant women or women trying to become pregnant to postpone traveling to areas with current Zika virus transmission. At this time, the areas of focus are:

- \*Cape Verde
- \*Caribbean Islands
- \*Central America (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama)
- \*Mexico
- \*Pacific Islands
- \*South America (Bolivia, Brazil, Columbia, Ecuador, French Guiana, Guyana, Paraguay, Suriname, and Venezuela)

While the focus has predominately been to limit travel to these areas while pregnant, it is particularly important for anyone traveling to any area with Zika virus or other Mosquito-borne disease to protect themselves from bites.

Other mosquito-borne diseases include: Chikungunya, Dengue, Malaria and Yellow Fever, to name a few. It is important to know the risks that mosquitoes and other insect bites can pose to you based on your travel destination.

### Recommendations:

(1) Have an international travel health consultation before traveling to get up to date travel health advice and learn about the ways you can protect yourself from illness. UNM Student Health & Counseling can help. See <http://shac.unm.edu/medical-services/travel-health.html>

(2) Avoid bug bites.

### Repellent:

For protection against ticks and mosquitoes it is important to select a repellent that contains 20% or more DEET. Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon.

### Non-pharmaceutical protection:

-To prevent bites, cover exposed skin by wearing long-sleeved shirts, long pants, and hats. Sleep in cool and/or screened rooms and use bed nets if you will be sleeping near or in the outdoors. Avoid hiking through brush and stay on hiking trails to avoid ticks.

-Check the CDC Website for more ideas on how you can protect yourself from mosquito and other vector-borne infections: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

(3) Check travel resources:

University of New Mexico Student Health and Counseling International Travel Health Clinic: <http://shac.unm.edu/medical-services/travel-health.html>

The Center of Disease Control and Prevention (CDC) Traveler’s Health website: <http://wwwnc.cdc.gov/Travel>

(4) You may also consider going to your primary care provider to get a regular check-up, especially if you have a medical condition. Other check-ups you may consider prior to travel are to your eye doctor and/or dentist.

## UNIV 391 COURSE

Are you interested in becoming a RA, New Student Orientation Leader, Peer Mentor/Tutor, or another student-staff position at UNM? Would you like to learn more about Leadership and Student Development?

### Spring 2016

TR 12:30-1:45 PM 57584 - UNIV 391.014 Villar, Jose	TR 2:00-3:15 PM 57589 - UNIV 391.015 Martinez, Chriselle	MWF 3:00 - 3:50 PM 57590 - UNIV 391.016 Diaz, Leonel*
MWF 1:00 - 1:50 PM 57591 - UNIV 391.018 Staff*	TR 11:00 - 12:15PM 57592 - UNIV 391.019 Staff*	

UNIV 391: Student Development and Leadership Theory is a second half of the semester, 8-week course; topics include student development theory, leadership development, communication skills and problem solving. This class is strongly recommended for students interested in applying for New Student Orientation Leader and Resident Advisor positions. Students interested in learning about leadership and development while engaging with fellow student leaders are welcome to enroll.

The course is labeled as NSO Leadership, please be aware that this course is not just for perspective NSO leaders. This course is mislabeled.

\*These sections will open as others fill up.

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