



## Meet Alex the Alligator!

**Name:** Alex

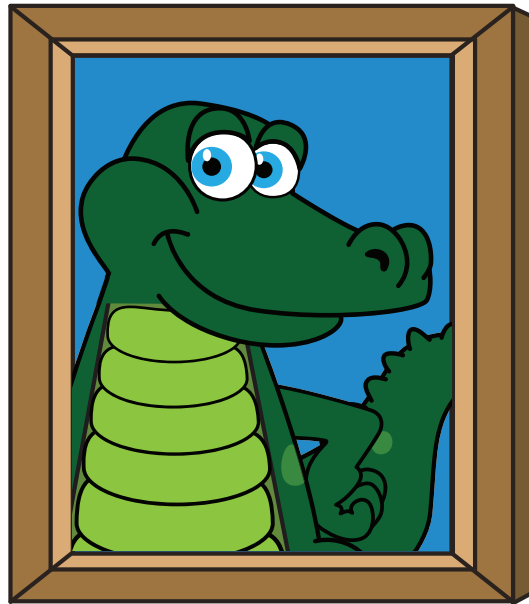
**Preferred Pronouns:** They/Them/Theirs

**Hometown:** Lafitte, Louisiana

**Height:** 6' 0" **Age:** 21

**Likes:** Long walks through Audubon Park, posing for pictures with Tulane students

**Dislikes:** Saints losing in the playoffs, Fried Alligator



Did you know 1/3 of Tulane students choose not to drink during Mardi Gras? Alex knew! Meet Alex the Alligator, Campus Health's newest mascot. Like most native to Louisiana, Alex enjoys crawfish, live jazz music, and Mardi Gras!

While Alex knows a lot about New Orleans, they also know a lot about Tulane's social habits, including how much and how often students actually drink. Follow Alex throughout the semester as we share tips on ways you can reduce your risk of experiencing negative consequences and staying safe if you choose to drink.

### TUPHE FEATURE

## How to Prepare for Mardi Gras Madness

*Hi TUPHEs! It's my first Mardi Gras and my friends are already planning all the parades and parties we're going to go to. What should I be prepared for?"*



Even a holiday known for overindulgence has a line. If you choose to drink alcohol, use these tips to party safely.

**Eat a big breakfast and snack throughout the day.** Drinking on an empty stomach is dangerous, and it's harder to maintain a safe buzz.

**Pace yourself.** Try to limit your drinks to one or two standard drinks per hour.

**Make your own drinks.** Avoid communal containers of mystery drinks. It's impossible to know how much alcohol you're consuming.

**Drink water.** Try to have at least one cup of water per hour and alternate between alcoholic drinks and water.

**Limit the sweet stuff.** Sugary drinks cause nasty hangovers and mask the taste and strength of alcohol, leading you to drink more than you think.

**Make sure you sleep!** Mardi Gras is extremely draining. Sleep is the best way to refresh yourself and be ready for the next day.

### CAMPUS HEALTH MARDI GRAS HOURS

#### The Health Center Uptown & Pharmacy

Open Saturday, February 22, 9 a.m. to 1 p.m.

Open Monday, February 24, 9 a.m. to 1 p.m.

Closed Tuesday, February 25

#### CAPS for Counseling Services

Closed Monday, February 24 and Tuesday, February 25

#### The Health Center Downtown

Closed February 22-25

#### FEEL A COLD COMING ON?

Go here for self-care strategies and advice: [campushealth.tulane.edu/symptoms](http://campushealth.tulane.edu/symptoms)

♥ OPT IN 4 TXT MSGS: [campushealth.tulane.edu/patient-portal](http://campushealth.tulane.edu/patient-portal)

## live well Highlights



#### Sex Week

Feb. 10 - 14, 2020

A week of sexual health events and conversations. Full schedule: [campushealth.tulane.edu/sex-week](http://campushealth.tulane.edu/sex-week)



#### Student Coalition for Sexual Violence Prevention and Response Monthly Meeting

Feb. 17 | LBC 201  
2 to 3:30 p.m.



#### CAPS Spring Groups

Get support by connecting with other Tulane students with similar concerns. More info: [campushealth.tulane.edu/caps/groups](http://campushealth.tulane.edu/caps/groups).