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.

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

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.