Mardi Gras is an exciting time, filled with food, fun, and tradition, although it will look a bit different this year. After deciding with your krewe how to celebrate safely, make a plan to stay TOGETHER.

**LOOK OUT FOR YOUR KREWE**

- **Respect each other’s decisions.** Mardi Gras will look different this year. Your friends may not feel comfortable or safe doing the same things as you. If you choose to celebrate in the community, pick a meeting time and place in case your group gets separated.

- **Set your limits.** Let your friends know what you are comfortable with, and ensure all COVID-19 safety procedures are followed.

**SHOULD I CALL FOR HELP?**

Don't be afraid to call for help if someone's health or safety is in danger.

In case of alcohol or other drug emergency on or near campus, Tulane students are expected to follow the Responsible Action Protocol by calling Tulane emergency services at 504-865-5911.

Learn more about the Responsible Action Protocol at [campushealth.tulane.edu/alcohol-emergency](http://campushealth.tulane.edu/alcohol-emergency).

**SHOULD I STEP IN?**

If you see something potentially threatening happening, intervene in a way that fits the situation and your comfort level.

- **Directly** do something.
- **Delegate** to others for help.
- **Distract** to diffuse.

Remember, stepping in can make all the difference, but it should never put your own safety at risk.
THINGS TO KNOW BEFORE YOU GO

Here’s how to enjoy the Mardi Gras season while being a respectful Tulanian and staying safe and healthy:

- **Be respectful of other people’s space.** It’s important to remain socially distant from people who do not share your living space.
- **Be good to our community.** Stay off private property, adhere to all community COVID-19 guidelines, and don’t urinate outside homes or businesses.
- **If you plan on celebrating, eat a big meal with lots of protein.** Drinking on an empty stomach can amplify the effects of alcohol to a dangerous level.
- **Pack water and snacks in your fanny pack.** Mardi Gras events can be long, so stay hydrated and energized throughout the day.
- **Make your own drinks.** Communal containers of drinks make it impossible to know what and how much you are consuming and can lead to transmission of COVID-19.
- **Limit sweet drinks.** Sugary drinks like daiquiris mask the taste and strength of alcohol, leading you to drink more than you think. They also tend to cause nasty hangovers.
- **Take breaks.** Mardi Gras can be exhausting. Take naps, and get a decent amount of sleep, so you can sustain your energy.
- **Stick with what you know.** This year, Mardi Gras will look and feel different. Stay in familiar areas where you feel comfortable and safe and can fully follow all New Orleans and Tulane COVID-19 guidelines.

COVID-19 SAFETY TIPS

- **Mask Up!** Face coverings must be worn in the presence of others, whether inside or outside (residence halls, classrooms, common workspaces, quads, etc.).
- **Maintain 6 Feet.** Everyone is responsible for maintaining social distancing. This means keeping a minimum of 6 feet between yourself and other people who do not share your living space.
- **Limit Gatherings.** Check City of New Orleans mandates, and don’t exceed legal gathering size limits. Even in small gatherings, everyone should be wearing masks and maintaining 6 feet of distance.
- **Clean Up.** Frequently wash hands with soap and water for at least 20 seconds, and maintain proper hygiene best practices at all times.
- **If you begin experiencing symptoms, don’t take part in Mardi Gras social activities.** You should immediately isolate to the best of your ability and schedule a telehealth visit through the Campus Health Patient Portal or contact your healthcare provider.

No matter how you choose to celebrate Mardi Gras, don’t forget to adhere to the Tulane Student Code of Conduct, which is always in effect, even during Mardi Gras.