

THE STALL STREET JOURNAL

Look Out for Your Krewe: Carnival Season Safety

Carnival season brings parades, late nights, and a lot of time with friends, which also means it's a good moment to look out for yourself and the people around you. As part of its **Look Out for Your Krewe** Mardi Gras safety campaign, The Well for Health Promotion and its campus partners are sharing harm reduction resources throughout the season to help students celebrate in a safer, more informed way. If you're heading out, a few basics can make a big difference: eat before you go, stay hydrated, and pace yourself, especially if you're drinking. Alcohol can hit harder when you're tired, dehydrated, or on an empty stomach. Knowing your limits (and respecting your friends') helps everyone get home safely.

Across campus, partners like **Tulane EMS** (@tulane_ems) and **Harm Education, Awareness, and Reduction at Tulane** (@heart.tulane) provide education on overdose awareness and bystander response, including information about Narcan and other harm reduction tools. **Counseling and Psychiatric Services** (campushealth.tulane.edu/caps) and the **Tulane Recovery Community** (recovery.tulane.edu) are also available if you or a friend need extra support during the busy Carnival season. For more Mardi Gras safety tips, resources, and updates throughout the season, follow Campus Health on Instagram @[tucampushealth](https://www.instagram.com/tucampushealth).



LOOK OUT FOR YOUR KREWE



What's in My Mardi Gras Fanny Pack?

Heading to the parade route? A fanny pack is a Mardi Gras must-have because it keeps essentials close and your hands free to catch throws. Here are a few smart items to pack before you run out the door:

- **Water and a snack:** Staying hydrated and eating before (and during) your day out helps keep your energy up — and if you drink, it can help reduce alcohol's effects.
- **Portable charger:** Photos, videos, and group texts can drain your battery fast. Keep a charger so your phone doesn't die when you need it most.

- **Hand sanitizer or wet wipes:** Helpful when soap and water aren't available.
- **ID, Splash Card, and a little cash:** Keep these items secure by wearing your fanny pack in front of your body.
- **Tissues and toilet paper:** One for spills, makeup smudges, or sniffles, and one for portable restrooms that run out of supplies.
- **Naloxone (Narcan) and fentanyl testing strips:** Important tools for bystander intervention and harm reduction.
- **Basic first-aid items:** Bandages, electrolyte packets, and the pain reliever that works



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- for you (avoid mixing alcohol and Tylenol).
- **Emergency contact list:** Write down your friends' numbers on an index card in case you get separated and your phone dies. Also remember to wear comfortable shoes. Your feet will thank you! A little preparation can go a long way towards enjoying a fun and safe carnival season!



Your Guide to Sex Week: Feb. 23-27



Sex Week is an annual, student-focused series of events sponsored by the **All-In Coalition** and coordinated with **The Well for Health Promotion** and campus partners. Now in its seventh year, the week brings together workshops, tabling, peer-led activities, and community collaborations designed to help students explore

consent, communication, bodily autonomy, healthy relationships, and sexual health resources in a supportive, judgment-free space. College can be a time when expectations, boundaries, and relationships are constantly shifting, and clear, honest conversations about sex and well-being don't always come easily. Sex Week exists to make those conversations more accessible, practical, and grounded in real student

experiences, while connecting students with resources they can use both on and off campus. Events take place on both **Uptown** and **Downtown** campuses, with something happening every day — from kickoff tablings to sexual health resource fairs, discussion-based workshops, and the second annual **Condom Crawl**.

Featured events include:

Sex Week Kickoff:

Uptown — Feb. 23 | Downtown — Feb. 24
Start the week with tabling, giveaways, and campus resources.

Sexual Health Resource Fairs:

Downtown — Feb. 25 | Uptown — Feb. 26
Connect with campus and community organizations, pick up safer sex supplies, and learn about sexual health services.

Sex After Dark:

Downtown — Feb. 25 | Uptown — Feb. 26
Ask local sex educators anonymous questions about consent, autonomy, and pleasure.

Condom Crawl:

Uptown — Feb. 27
A Sex Week-themed parade with fun throws and safer sex resources.



For the full calendar, event details, and updates, visit sexweek.tulane.edu or scan the QR code!