



Let's Talk About Booze



SPOOKY season is approaching! The month of October is known for ringing in fall but is also filled with tricks and treats. If you choose to partake in high risk activities, it is important to utilize risk reduction strategies to create a safe and comfortable space for you and those around you! In the spirit of Halloween, let us remind ourselves of the “spooky” effects of mixing alcohol with other drugs:

- Alcohol + Stimulants (ex: Adderall, Vyvanse): impairs the ability to recognize bodily signs of intoxication; increases the risk of overdose and death.
- Alcohol + Hallucinogens (ex: MDMA, Molly): increases heart rate and

body temperatures to abnormal levels; can lead to potentially severe dehydration; increases risk of heart attack.

- Alcohol + Depressants (ex: Oxycodone, Xanax): slows involuntary body functions; increases risk overdose and death.
- Alcohol + Cannabis: impairs motor skills; can create unpredictable mood swings anxiety, paranoia; can induce nausea.
- Alcohol + Cocaine: impairs the ability to recognize bodily signs of intoxication; creates cocaethylene, which strains the heart and lungs; increases overdose or death.



COVID-19 safety tips

HALLOWEEN EDITION

You may be asking yourself how you could celebrate the spooky season and the Halloween holiday safely this year. Heading to Frenchman St. is a high-risk activity due to the number of people who typically attend Halloween festivities, so here are some fun and spooky alternatives:

1. Create a Halloween playlist. Kick off the spooky season with some Halloween tunes.

2. Bake Halloween treats. Baking is a great hobby to have, especially during the Halloween season. Break out some pans and experiment with some sweet treats.
3. Have a Halloween movie marathon. You can either do this on your own or with a group of friends who are in your social pod.
4. Decorate your room/dorm. Spread the Halloween spirit by decorating your room or your door.
5. Keep an eye out for socially distant Halloween events on campus.

live well Highlights



TUPHE Recruitment

Interested in becoming a Tulane University Peer Health Educator (TUPHE)? Visit the Campus Health WaveSync for interest meeting information. Find the application here: campushealth.tulane.edu/tuphe



Tulane EMS Recruitment

Applications will open at 9 a.m. on Oct. 5. The 2020 Fall application is open to both current EMTs and non-EMTs. For more info, please visit: campushealth.tulane.edu/tulane-ems-app

TUPHE FEATURE

How do I socialize safely in the age of COVID-19?



Hi TUPHEs, I'm a freshman, and I'm having trouble navigating

party culture especially with balancing COVID-19 precautions. Halloween is coming up, and while I want to have fun and be included in my friends' plans, I'm unsure how to do that safely while staying within my comfort level. Do you have any advice?

First off, struggling to define your comfort level surrounding party culture is a common challenge. You are not alone. While socializing during the COVID-19 pandemic might look different, it doesn't have to stop you from making friends and having fun.

Some COVID-friendly Halloween suggestions I have is having a Netflix party of your favorite Halloween films (may I suggest Halloweentown), having a Zoom party (maybe even a Zoom costume contest), a Zoom Halloween craft night, or having a small group socially-distanced and masked Halloween-themed gathering. I know as a freshman especially it can be easy to compare yourself to what everyone else is doing, but I encourage you to be confident in your individual journey. A lot of your peers struggle to fit in whether they show it or not. If something is outside of your comfort level, it is more than OK to say no. You also can talk to your friend group and help them find a more COVID-safe alternative. If you don't feel comfortable talking to your whole friend group, try to find one friend who you can talk to about your concerns. I hope these tips help! Hope you have a happy and safe Halloween!