JAKE SAYS: SAFE SPRING BREAK

Hi - I’m Jake.

You might not guess it, with these irresistible puppy dog eyes, my winning smile and this fluffy coat, but I’m a trained professional. My job as a pet therapy dog often puts me in serious situations. But my training, instincts and experience help me to be smart — and stay safe.

So as you go off to have fun on Spring Break, University Health Services asked me to remind YOU to be smart and stay safe, too.

- Use sunscreen and reapply often. Did you know that even dogs can get sunburn? Using proper sun protection helps prevent skin cancer. And one bad sunburn can really ruin a vacation.

- Please drink responsibly. Never drink and drive and don’t get into a vehicle with a driver who has been drinking. Sorry to “dog” you on this, but it’s really important — it could save your life!

- Remember the “Buddy System?” It’s not just for when you’re dog-paddling in a pool or the ocean. Stick together. Watching out for your friends can keep them from getting into uncomfortable or dangerous situations while on vacation — and they can do the same for you.

- If you’re going to have sex, please use a condom. Condoms not only help prevent unplanned pregnancies, but also protect you from sexually transmitted infections (STI). Both guys and girls should always carry them.

Spring Break is a time to relax, have fun and create good memories.

Smarter is always safer! Have a great — and safe — Spring Break!

Questions? University Health Services can answer your questions discreetly and confidentially. Visit us, phone us at 330-672-2322 or log on to www.kent.edu/uhs.

Jake, Dogs on Campus therapy dog