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Spring Break For Everyone



Spring Break is for Everyone!

College students aren't the only ones who enjoy Spring Break. Some families use the early sunny warm weather to start their vacation season as well. Below are some tips to make your Spring Break as safe and enjoyable as possible.

Pre-Trip

Know the local laws and customs. Do some research into where you're going.

If you're traveling out of the country, review road and informational signs. Make sure you understand how pricing works - not everything is marked - ask. And when you leave your hotel, have a card with the hotel's name and phone number on it - just in case you need help getting back.

Take a map - a folded paper map! You don't know what the cell service will really be like where you're going.

Pack things you can stand to lose. Don't take expensive jewelry or electronics with you.

Let people back home know where you'll be.



April is Distracted Driving Awareness Month

Source: national day calendar.com

It's not ONLY texting or talking on the phone while you drive. It could also be ALL the other things distracting you.



Plan your trip - things to do and places to go.

During the Trip

Never go out alone, especially at night. And only go to places you're comfortable and trust your surroundings.

Be alert. Look around you and notice people and things around you. Trust your instincts. And make mental notes of exits - doors and windows.

Don't accept food or drinks from strangers. And never accept rides from strangers.

Limit alcohol. Being intoxicated will impair your judgment and leave you open to being taken advantage of or assaulted.

If you choose to drink, be careful! Have a sober buddy with you. Know your limits - plan the number of drinks you will allow yourself to have. Never let your drink out of your site

Be careful with dare-devil activities. Spring Break is a great time to try that fun "adventure" thing you've seen on TV or in the brochure. Make sure you heed all safety instructions.

Going to the beach? Watch the sun screen and eye protection. Stay hydrated by drinking more water.

Do NOT carry a lot of cash with you. If you do carry cash, make sure you have it secured on your person so no one can easily see - or steal - it.

How many of these fit you?

Passengers - Are you paying more attention to your passengers or kids than the road?

Grooming? - Are you putting on makeup or shaving while trying to drive?

Pets - Are your pets loose in the car or are they in your lap?

Loose "stuff" - Are you constantly reaching for something in a bag or purse sliding around on the floor?

Eating - Are you trying to eat a big messing burger with one hand or trying to find that french fry you just dropped between the seats?

Drinking - Fix your coffee BEFORE you get out on the road.

Be honest with yourself. How many distractions are in YOUR own car?

Are YOU the distraction?

Visit nsc.org to learn more.

 $Combined information sources: adt.com/resources/spring-break-safety-tips, \ cdc.gov/family/springbreak/index.htm, \\ www.safespringbreak.org/safety-tips/$

Do you have questions about your insurance?

Do you have the insurance you need? Have you had any life changes that might affect your insurance coverage?

Call us today! We'll look at what you have and answer your questions.



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