



Carnival Weekend Edition

Carnival long weekend is literally upon us. Many of us look forward to these four days and enjoy it in many different ways: some of us prefer to stay at home and relax; others head to camps, hikes, the beach or beach houses; some even travel abroad; while others fete and/or revel through our nation streets. All the same, here are a few tips for the long weekend that we can use or share with family and friends.

General safety tips:

- ❖ Do not drink and drive.
- ❖ Drink lots of fluids. Remember we are in the dry season so we can easily get dehydrated without recognizing it.
- ❖ Regulate and monitor alcohol consumption (Be Responsible!)
- ❖ Ensure that our vehicles and homes are properly secured.
- ❖ Be vigilant at all times when returning home, especially at night or if we are travelling alone.
- ❖ Children should not be left unsupervised at home or in vehicles.

Tips for revellers and observers:

- ❖ Move with a group - there is safety in numbers.
- ❖ Use secure parking lots/garages. Avoid street parking whenever possible.
- ❖ Children should be supervised and wear identification cards bearing their name, name of parent/guardian, address and telephone number.
- ❖ Do not carry large sums of money.
- ❖ Sun protection is vital. There are a number of ways in which we can protect yourself against sunburn and UV damage. These include:
 - Covering up well and ensuring that our arms and legs are not exposed to the heat.
 - Wearing a hat to protect the delicate skin on the face from the sun's rays.
 - Spending some time in the shade and out of direct sunlight, particularly the midday sun.
 - Using sunscreen or sun block to protect against UV rays.
- ❖ Before we dress for J'ouvert, apply a light coating of baby oil to our entire body. This will help us clean up afterward and prevent the pigments in the various body paints from getting into our pores.

Tips for persons heading to the beach and beach houses:

- ❖ Always be on the alert for security risks at the house, especially if we are at a remote location.
- ❖ Stay close to lifeguards on duty, especially when there are small children around.
- ❖ Pay attention to any warnings about the water for the day.
- ❖ Swim in areas with lifeguard/s on duty and bath between red and yellow flags.
- ❖ Avoid alcohol as it impairs judgement and accelerates dehydration.
- ❖ Beware of rip currents which are prevalent on some of our beaches. These are recognized by brownish streaks caused by churned up sand, and also unstable and loose sand under our feet when in the water.

Tips for campers or hikers:

- ❖ Make sure that sufficient trustworthy people know where our group will be camping/hiking.
- ❖ Cell phones should be checked for coverage in the area and batteries well charged.
- ❖ First aids kits should be packed.
- ❖ Make sure that camp/hike leaders know the nearest hospital or health centre.

Tips for travelling abroad:

- ❖ Remember when heading to the airport, we have our passports and where required visa.
- ❖ Avoid carrying large sums of money, use visa debit cards, credit cards, travellers cheques etc.
- ❖ Do some research on our destination re: cuisine, places of interest, getting around etc).
- ❖ If travelling alone or with others be safe and enjoy the trip.

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