HEALTH & SAFETY
IN THE
RESIDENCE HALLS

WHAT EVERY STUDENT NEEDS TO KNOW
2012-2013

Department of Residential Housing
A Message from the Department of Residential Housing

As Residential Housing Staff, we value residential facilities both on and off campus that are safe, secure, and healthy for students and staff while educating students to live safely and make responsible life choices.

Accordingly, it is our hope that:

- Students and staff will learn to create and maintain a physically safe, functional, and clean living environment. *(Healthy Environment)*
- Students and staff will be informed and made aware of safety procedures and resources available to them. *(Safety)*
- Students and staff will develop healthy lifestyles regarding responsible alcohol and drug use, sexual health, physical health, and stress management/coping skills. *(Responsible Lifestyle)*
- Students and staff will be knowledgeable about sexual assault risk reduction, resources and response agencies. *(Sexual Assault Prevention)*
- Students and staff will engage in safe and responsible electronic communication. *(Electronic Communication)*

We hope that you find the information in this booklet helpful and that you will make contact when and if you need assistance. We look forward to you being a part of the community here at Ohio University.

Welcome Home!

Contact Information: 060 Chubb Hall  
(740) 593-4090  
www.ohio.edu/housing  
housing@ohio.edu
Residence Hall Security

In the interest of safety for all students living on campus, please be aware that most residence hall entrances are locked 24 hours a day and will require your key or ID to gain access. **Do NOT hold doors open for people you do not know or do not live in the hall and do NOT leave doors propped open.** If you observe unattended persons in the building, please alert a Residential Housing staff member or OUPD at (740) 593-1911. Creating a safe and secure environment begins with you!

- Keep your residence hall room locked! The most common campus crime is theft and this typically occurs in unlocked rooms.
- Always lock your door and take your key with you even if you are only leaving for a moment.
- Report lost keys and IDs to your Green Office. If stolen, call OUPD immediately.
  
  Lost Key Replacement: $70 for the room key (includes lock change)  
  $10 for the exterior key
- If the lock on your door is broken, call Facilities at (740) 593-2911 during the day and OUPD after 5:00 pm
- Never let anyone into the building if you do not know them or if they are not a resident of the hall
- Never give your keys to anyone, even a friend, or let someone who has lost their keys borrow yours
Fire Evacuation and Safety

At the sounding of a fire alarm, all staff and students must **evacuate the building immediately and report to an area designated by your RAs** for your building. **Call 911.** Wait until Ohio University Police or designated staff gives permission to return to your buildings.

While the University will conduct periodic drills, it is imperative that all students exit the building **EVERY time a fire alarm is activated. You never know when it is a REAL fire!** Failure to do so will result in a possible judicial referral. Falsely pulling a fire alarm is a federal offense and remaining in the building during a fire alarm is a violation of the student code of conduct.

To prevent fires in the halls, the following items are prohibited:

- Candles, incense or oil lamps
- Cooking appliances other than the provided microwave
- Portable heaters or portable air conditioners

Please use power strips for electrical needs and be sure not to overload your outlet. Be careful not to burn food in the microwave. Smoke of any kind can trigger the fire alarm.

**Power Outage:**

In the event of a power outage in the building, **DO NOT LIGHT CANDLES** as they are a fire hazard. Please use flashlights. If the power outage persists for some time, University officials will communicate what happens next.
Severe Weather Alerts –
Tornado Watches and Warnings

A tornado **watch** means that weather conditions are favorable for the formation of a tornado. A tornado **warning** is issued when a tornado has actually been sighted in the surrounding area. In the event that there is a tornado warning issued for the Athens County area, please listen for instructions from the campus emergency system or from Residential Housing Staff. If a tornado warning has been issued and you are inside a residence hall:

- Please stay inside and move to the lowest part of the building; stay away from outside walls and windows.
- Close all room windows and doors and wait in an interior corridor, stairwell (with no windows), or room without windows.
- Crouch low with your hands covering the back of your head and neck.
- Do not use elevators.
- Do not leave the shelter area until after the storm is over.
Emergency Communication Information

Emergency Phones
Phones that connect directly to OUPD (Ohio University Police Department) are the “blue light phones” found throughout campus including phones by the front entrance of each residence hall.

Contacting the Ohio University Police Department (OUPD)
Please program your cell phone with OUPD’s number: (740) 593-1911. A dispatcher will answer 24 hours a day.

Website Alert
In the event of a major emergency, (e.g. severe weather, crisis on campus) the OU front page will be replaced with emergency information.
The university continually maintains an Alert website with any alert messages for the local, regional, state, or national level.
www.ohio.edu/emergency

CATVision Alert Messages
In the event of a major emergency, the residence hall cable television service (CATVision) will take over every channel and post the alert message. Minor messages will always be posted on channel 19.

Emergency Text Messaging System
All University students, faculty, and staff receive emergency messages on their mobile device. See www.ohio.edu/emergency for more information.
Mass Outdoor Notification System

An outdoor system, which utilizes an alert tone followed by a voice message to broadcast emergency information, can be heard across campus.

In Case of Emergency Number

Please program your cell phone with an ICE (in case of emergency number), which is the number of the person you would like called in an emergency.

Ohio University Police Department

Contact Information: 135 Scott Quad
(740) 593-1911
www.ohio.edu/police

OUPD is a full-service law enforcement agency that is accessible 24 hours a day, 365 days a year. This is a community policing agency which means that they are here to assist (as well as enforce). Reasons you may want to call OUPD:

- Report suspicious or alarming activity
- Report a crime (e.g. theft)
- Report a stolen key or ID
- Report a health emergency (they will dispatch paramedic services) or call 911 directly
- Ask for help of any kind.

OUPD also coordinates the SAFE-T Patrol program. If you need an escort on campus or close to campus between 7:00pm-2:00am, call 740-593-4040. This service is available every day.
Maintenance Concerns

If there items in your room that need to be repaired you can submit a work request online at:

www.facilities.ohiou.edu/requests/login.php

After-hours emergency assistance (between 5 p.m. and 7:00 a.m. and weekends) needs to be reported to the RA on duty or by calling Facilities Management at (740) 593-2911

Room Pest Control

Keeping rooms free of bugs and rodents is EVERYBODY’S business! Keep food stored tightly and remove trash regularly to dumpsters.

To report pest problems to Environmental Health & Safety (EHS), complete the pest report form at http://ehs.admsrv.ohio.edu/ehs/
Campus Care (Student Health Center)

Contact Information:
1st Floor Hudson Hall
(740) 593-1660

www.oucom.ohiou.edu/CampusCare

The health center provides a variety of services to students. Those services include:

- Physicals
- Care for Sexually Transmitted Infections (STIs)
- Psychiatric Care
- Laboratory & Pharmacy
- Physical Therapy & Sports Medicine Clinic
- Gynecology Clinic
- Allergy Shots & Immunizations
- Loan of Crutches, Knee Braces & Canes

Did you know that you can make an appointment on line at this website listed above?

The Campus Care pharmacy provides a variety of prescription and over the counter medications. Although there is a charge for medications obtained in the pharmacy, the charge is placed on your ebill account. Payment can be made in person at the Bursar’s office in Chubb Hallby or through your Ohio University online account.

Local Medical Providers
(in addition to Campus Care)

O’Bleness Hospital: 55 Hospital Drive (740) 593-5551
University Medical Associates Express Care: 265 West Union Suite A (740) 594-2456
Holzer Clinic: 224 Columbus Road (740) 589-3100
Flu Prevention and Response

**Prevention**

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

To help fight the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue away.
- Wash hands often. This is the best prevention method. To effectively wash hands, do the following:
  - Use soap and warm water.
  - Scrub hands vigorously for 15-20 seconds, then rinse.
  - Dry hands with a clean towel or paper towel.
  - Alcohol-based hand cleaners work well, too. Rub vigorously on hands until the cleaner dries.
- Avoid sharing cups and other personal items.

**Response**

Visit the Student Health Center for assessment and treatment. People with certain underlying conditions are at higher risk of complications with flu and also should be seen. If students have asthma, immune deficiency including HIV or chronic medical problems, they should be evaluated. Pregnant women should see their obstetrician as soon as possible.

You should stay home, away from class, away from your friends, until your temperature is normal for 24 hours without the use of medication.

Severe cases which require immediate medical attention would show the following symptoms:

- Difficulty breathing or shortness of breath
- Pain or heavy pressure in your chest or abdomen
- Sudden dizziness or near fainting
- Confusion
- Severe or persistent vomiting
- Symptoms improve but then return with fever, increased sinus pressure, or worsening cough or shortness of breath
Meningitis

What is Bacterial Meningitis?

Bacterial meningitis is an acute bacterial disease. It is caused by a specific bacterium, *Neisseria meningitidis*, of which there are several types. Five to 10 percent of people may be asymptomatic carriers of the bacterium, where it can be found in the nose and throat area. A small fraction of these carriers can progress to invasive disease.

Signs and Symptoms

Bacterial meningitis is characterized by sudden onset of fever, intense headache, nausea, and sometimes vomiting, stiff neck, and sensitivity to light. The disease may also involve a rash that begins as clusters of small pricks and develops into purple bruising.

While the susceptibility to the clinical disease is low, bacterial meningitis can progress rapidly and have very serious and sometimes tragic health consequences.

If you have any of these symptoms, please go to the Student Health Center immediately or call 911 for an ambulance to transport them to the emergency room. *Let your RA, RC/RD know if you are have these symptoms*

For more information on prevention and vaccinations:

www.ohio.edu/healthalerts/meningitis/risks.cfm

www.ohio.edu/healthalerts/meningitis/prevention.cfm
Counseling and Psychological Services

Contact Information:
3rd Floor Hudson Hall
(740) 593-1616 (24 hrs/day)
www.ohio.edu/counseling

Counseling and Psychological Services provides a number of services to students. They include:

- Individual/Group Counseling
- Crisis/Emergency Counseling
- Consultations
- Self-Assessment

Visit either by appointment or during emergency walk-in hours Monday thru Friday, 10 am to 1:30 pm.

Counselor-In-Residence Program

The Counselor-in-Residence program places doctoral-level and professionally supervised counselors/therapists directly into residence halls to address your mental-health concerns. If you or a friend is in need of counseling or just someone to talk to please do not hesitate to contact one of our Counselors in Residence.

Hours & Location: 6pm-10pm: Mon. and Weds.
5pm-9pm: Tues. and Thurs.
Jefferson Hall, off of lobby
(740) 593-0769.

In case of emergency, please contact a Residential Housing Staff member or OUPD.
Health Promotion
A function of the Campus Involvement Center
Contact Information: 339 Baker University Center
(740) 593-4742
www.ohio.edu/healthwell
Provides programs and information about health issues for college students such as:
- Care for reproductive health
- Contraception education
- Sexually transmitted infections
- Responsible alcohol use
- Sexual assault prevention
- Sexual assault reporting
- General health education

Sexual Assault Assistance
Sexual assault is a broad term used to describe a number of sexual crimes including rape, sexual battery, gross sexual imposition, sexual imposition, voyeurism, and public indecency. Unfortunately, Ohio University is not immune from this type of crime. If you or someone you know is a survivor of sexual assault, please contact a Residential Housing staff member for assistance, or call the sexual assault survivor advocate at 597-SAFE (7233). Calling a counselor at 593-1616 (24 hrs a day) is also an option.

Athens County Victim Assistance Program
Athens County Court House, 1st Floor
(740) 592-3212 (Victim Assistance Office)
Alcohol, Ohio University and YOU!

The university is concerned for your health and well-being related to high use alcohol consumption. Please remember that if you are under 21 years of age, we expect that you will comply with not only Ohio law but the OU Student Code of Conduct and not consume alcoholic beverages on campus or in the community. If you are over 21 and choose to drink, we expect you to do so responsibly. **If someone needs medical assistance related to alcohol, immediately alert the nearest RA and call OUPD at (740) 593-1911.**

Medical Emergency Assistance

Medical Emergency Assistance (MEA) is a program to increase student safety and encourage good citizenship when one is fearful of getting into trouble to prevent someone from getting medical help.

MEA applies to students who seek emergency medical treatment for themselves or a friend as a result of an alcohol or drug episode. To use MEA, call for help as you normally would, such as getting your RA or calling OUPD.

If a judicial referral is filed for the behavior, the director of University Judiciaries will determine on a case-by-case basis if a student qualifies for MEA. Once enrolled in the program, students are required to comply with all recommendations for educational interventions; complete an appropriate alcohol or other drug intervention program through Ohio University’s Counseling and Psychological Services and pay a $100 fee to cover the cost of the program.

Students receiving emergency treatment can only utilize the program once.

Students not meeting these requirements would go before Judiciaries for the original incident.
Safe and Responsible Virtual Communication

Peer-to-Peer (P2P) Programs

Ohio University restricts the use of peer-to-peer (P2P) file-sharing on the campus network. P2P software may only be used for legal sharing of non-copyrighted material. All other uses of P2P software will result in the loss of network privileges.

Unless you are certain that you are using the software legitimately, it is important that you remove the P2P software from your computer before connecting to the Ohio University network. Many of these programs will share copyrighted files without your knowledge. If these programs are not removed, then it is likely that those computers will be automatically removed from the network.

Causes for Internet Access to be Disabled

In addition to P2P policy abuse, your network access may be terminated if a virus is detected on your computer. Your computer is identified when it produces network-harmful traffic such as sending spam or network scanning. If disabled, call the Information Technology Service Desk at (740) 593-1222. They can look up your room's jack number and confirm your status. If your access has been disabled, they can tell you why.

To get access turned back on call the Service Desk at (740) 593-1222. They can walk you through the appropriate steps to get your Internet re-enabled, based on the reason for your room's block. For example, you might need to run a free virus or spyware removal CD, or you might need to uninstall a particular piece of software that is causing a problem.

For more information:

www.ohio.edu/technology/whatsnew/new.cfm
Numbers you may need:

My RA's name and phone number is

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OUPD: (740) 593-1911
Safe-T Patrol: Call (740) 593-4040
Athens Police Department: (740) 593-6606
O’Bleness Hospital: (740) 593-5551
Campus Care (student health center): (740) 593-1660
Counseling & Psychological Services: (740) 593-1616
Sexual Assault Survivor Advocate: (740) 597-SAFE(7233)

Residential Housing:
East Green Office (Jefferson Hall): (740) 597-9968
West Green Office (Boyd Hall): (740) 597-5956
South Green Office (O’Bleness House): (740) 597-7468