

THE OHIO STATE UNIVERSITY

15th Avenue Community Ambassador

Jeremy Dolan



Hello residents of E. 15th Ave! I hope everyone's quarter is off to a great start, and that all of this chilly weather ends, so we can get some more warmth before winter comes! My name is Jeremy and I will be your Off-Campus Community Ambassador (CA) for the 2009-2010 school year. I trust many of you have heard about the CA program, but for those who haven't, I'd like to give you an idea of what we do. CA's are students who work for the University within the Off-Campus Student Services office. We have many important roles and goals (including lots of **FREE** events!) for the off-campus community this year.

First, we are here to be a resource to all of you—especially useful if this is your first year living out of the residence halls! We can help with or guide you to information about living issues such as the H1N1 virus, the STOP program and how to party smart, legal advice for landlord-tenant problems, and so much more. You will see a lot of that information in this newsletter, and there will be more to come.

Second, we are here to build a stronger sense of community off-campus. Every Saturday this fall you will see, and have seen what it means to be a Buckeye at The Ohio State University. Our goal is to let that Buckeye Pride reflect off-campus, just as much as in the Shoe, on every day of the week!

Third, we as CAs have many goals and plans for this entire year, with events as soon as this month! For example, you, all of your roommates and all of your next door neighbors are welcome to come to a **FREE Cookout** in my front yard (**190 E. 15th on October 14th**). I encourage as many of you to come as possible for **free** soda, burgers, hotdogs, music, games, and more (veggie options will be available!).

A little more information about me! My name is Jeremy Dolan—please add me on facebook and join the group "East 15th Ave 2009-2010 School Year" for updates on all future events! I'm from Orlando, Florida (hence the desire for more warmth) and I'm in my second year considering a major in Political Science. I love The Ohio State University, and look forward to a great year. Contact me with any questions anytime at OSU15thAveCA@yahoo.com or on facebook!

-Jeremy



Cookout

**Date: Wednesday,
October 14th**

Time: 6:00-8:00p.m.

Location: 190 E. 15th

Street: E. 15th

**Email: OSU15th-
AveCA@yahoo.com**

**Favorite Music Genre:
Rock**

**Favorite Movie: V for Ven-
detta**

**Other OSU Orgs: OUAB
Comedy Committee**

Favorite Food: Seafood

**Fun Fact: Doesn't enjoy
long walks on the beach,
"they're exhausting"**



SPELLIN' IT OUT

By: Olivia Miller, E. 13th Ave Community Ambassador

For more information: <http://flu.osu.edu>

What is H1N1 or ILI?

- H1N1 is a new strain of the influenza virus. The virus spreads when tiny fluid particles are ejected from the nose and mouth (typically) by coughing or sneezing. H1N1 is **extremely contagious**. This strain of the virus lasts around **7 days** but the person may be contagious days after the symptoms go away.
- The H1N1 virus can survive on surfaces from **2 to 8 hours**, so constant cleaning and hand washing are musts!
- It is possible that H1N1 could combine with one of the seasonal types and become **more dangerous**. That combination could occur if a person is sick with H1N1 and a seasonal type at the same time.

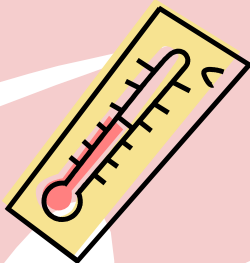
Symptoms of the Flu:
a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

What to do if you're sick?

- Stay home! If you believe that you may have H1N1 or are experiencing symptoms of ILI, isolate yourself. You will increase the likelihood that the disease will be spread to others if you are in public spaces (i.e. class)
- Don't let your roommates do your dishes or take out your trash as these actions can spread the virus.
- Cough and sneeze into the crook of your elbow or into your shoulder.
- Wash your hands often. This protects you and your roommates.
- **Inform your teachers about your condition. Don't go to class sick!** They have been asked to be more lenient about absences during flu season.

How do you stay healthy?

- Don't share cups with other people! This is a very simple, but rarely followed tip. Drinking games are a great way to spread H1N1. Find alternatives to the traditional games in order to protect yourself.
- Wash your hands often.
- Maintain a healthy lifestyle through rest, diet and exercise
- Avoid touching your nose, mouth, and eyes. Germs spread this way.
- Avoid contact with sick people.
- **Get vaccinated against seasonal flu!**



Hot Spots for Flu Shots:
\$25/shot
Covered in full under the Student Health Insurance

CVS (Lane and High)
Clinic Hours:
Mon - Fri 9am to 8pm
Sat 9am to 5:30pm
Sun 10am to 5:30pm

Wilce Student Health Center room 264-C
Morning Clinic: **Walk-in M-F 8:00AM - 11:00AM**
Afternoon Clinic: Call ahead (614) 292-4321