

THE OC LINK

OFF CAMPUS LIVING NEWS FOR FANSHAWE COLLEGE STUDENTS
OCTOBER 2020

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Managing Midterm Madness

By Tiffany

It's that time of the semester again, filled with the familiarity of late-night study sessions and copious amounts of coffee. Midterm season is unavoidable, and it is essential for students to learn to manage their stress, and take care of their mental and physical health. If you ever feel overwhelmed, try taking scheduled breaks and go outside for a run or walk to clear your mind before diving back in to studying. Even a few minutes of deep breathing exercises can help you relax. It is incredibly important to keep up a healthy diet and consistent sleep schedule in order to take care of your physical health.

If you are looking for someone to speak to, feel free to book an appointment with Fanshawe's Counselling Services <https://www.fanshawec.ca/counselling>.

Big or Small Fire Safety for All – A Fire Safety Tip

By Serena

In the rush of your morning routine and getting ready, it is always easy to forget to unplug or turn off electrical appliances. Whether it's blowdrying your hair or boiling water in your kettle, unplugging your appliances after use is essential to avoid an electrical fire. Make sure you're shutting off and unplugging all appliances, placing the cord/device away from heat sources, like your stove or microwave, and away from water, like your sink or a drying rack. Make sure that all appliances are safely stored, with cords wrapped around the device or neatly tucked away. Ensure that all plugs are dry, cords don't have any exposed wires, and that you always plug in your devices before turning them on. Stay safe Fanshawe!

Home Safety is Personal Safety

It is essential for students to maintain good habits when it comes to home safety when living off-campus. Ensure that someone knows where you are at all times, especially if you are out late at night. Let your housemates know when you plan to return home. Some strategies you can implement to keep your home secure is to leave a light on inside or outside the house when no one is at home. Also, always lock your windows and doors, even when you are home, but especially when you leave home or are sleeping. This can deter anyone from targeting your house for a break-in. Lastly, having a trimmed front lawn with no overgrown bushes eliminates any potential hiding spots for unwanted visitors.

Roommate Horror Story – Bunny Tails

By Serena

Disputes with your housemates can be awkward, but we always suggest bringing up any issues or disagreements as soon as you catch them, especially if you want to avoid ending up like this. I met someone who had a housemate with a pet bunny, and one time she went on vacation. She had told her roommates that she made arrangements for the bunny to be taken care of, but no one ever came around, so they went to check on it. The bunny had been left loose in the room, defecated all over the place, hopped up on some shelves and broke many items. It also managed to chew its way through the curtains and scratch the walls, which meant that it had damaged the property and left a terrible smell lingering. Thankfully, they helped the bunny, but always encourage your housemate to make arrangements for their pets if they are on vacation so you are not left responsible with it.

Also, always remember, that if you're really uncomfortable with addressing the problem, you can always contact Housing Mediation!

<http://www.fanshawec.ca/housing/mediation>

COVID-19 Assessment Centres

If you feel you may be experiencing COVID-19 symptoms, or have been in contact with someone who has tested positive for COVID-19, we ask that you please visit one of London's local test centres, get tested and then immediately self-isolate while you wait for the results.

Carling Heights Optimist Community Centre

656 Elizabeth St., London

Monday - Sunday

11 a.m. - 7 p.m.

Oakridge Arena

825 Valetta St., London

Monday - Friday

9 a.m. - 5 p.m.

Reporting a COVID-19 Order Violation

If you have concerns about COVID-19 order violations in the City of London, please email the City at COVIDOrderConcerns@london.ca (email monitored 24/7) or call 519-661-4660 (phone line monitored Monday to Friday from 8:30 a.m. to 4:30 p.m.).

If you have questions about COVID-19, please contact the Middlesex-London Health Unit.

COVID-19 Hot Line: 519-663-5317 and press "1"

(Monday to Sunday from 8:30AM to 7:00PM)

Email: covid@mlhu.on.ca

Fanshawe College Housing Mediation Service-Counselling and Accessibility Services

Office: Room F2010

Phone: 519-452-4282

Email: housing.mediation@fanshawec.ca

Website: www.fanshawec.ca/housing

OR

Monday to Friday: 519-661-3787