Week 3 Business:
- How are classes going?
- Are rotations going well?
- Please make sure you are regularly checking and reading your emails!
- COM Welcome Reception: Today @ 5PM in HMEB (this building) Atrium

Week 3 Suggested Discussion Starters:
- Hurricane Preparedness: See attached PDF guide. Look for updates from UF Emergency Management- usually text and email alerts for cancelled classes, shelter and other information. The OGE will also send information via email.
- Scientific Core Facilities - Older Students and Faculty: How do you get time on a core facility instrument? Why are these facilities important?
  - College of Medicine Research Core Facilities:
    - Molecular Pathology Core, COM Electron Microscopy Core Facility
  - UF/Health Science Center Cores:
    - Animal Care Services Home Page, Center for Pharmacogenomics
  - MBI-UF Research Core Facilities:
    - Advanced MRI and Spectroscopy (AMRIS)
    - Cell & Tissue Analysis Core (CTAC, CTAC Histology)
    - Cognitive Neuroscience Lab
    - Human Gene Therapy Vector ‘GMP’ Core Facility
    - Stereotactic Radiosurgery Lab
  - ICBR and Other Core Facilities:
    - ICBR Bioinformatics, Cytometry, Electron Microscopy, Gene Expression & Genotyping, Monoclonal Antibody, NextGen DNA Sequenceing, Proteomics & Mass Spectrometry, Sanger Sequencing Cores, etc.
- The importance of mental health care in graduate school
  - Older students: What are some methods of self-care that you use to stay at your best? What do you wish you had known when you were a first year student?
  - Pls: How do you, as a mentor, encourage healthy work-life balance for your students?

Week 3 Useful Resources:
- Mental Health Resources
  - U Matter, We Care
  - UF Counseling and Wellness Center Resources
  - UF Employee Assistance Program - a form of counseling services specifically for UF Employees.
  - Gator Grad Care - Referral to Clinical Psychology at Shands after visiting your primary care provider.
- Resources for LGBT Students and Staff
  - OUTGrad, LGBTQ+ Care & Resources through the Student Health Care Center

Don't know which resource is right for you? Schedule a meeting with Dr. Dede (formerly Vidauretta) to figure out which program is right for you. Phone: (352) 273-8383, e-mail: beverly@ufl.edu
Disaster Supply Checklist
A basic disaster supply kit includes a minimum of three days of supplies. A kit should be customized to your specific needs and situation. Below are general guidelines to follow in creating a kit.

- Water: 1 gallon of water per person / per day for at least 3 days. [1/2 for drinking and 1/2 for sanitation]
- Food: at least three days of non-perishable food that requires no refrigeration, no preparation or cooking, and little or no water
- Manual can opener
- Battery-powered radio
- Flashlight
- Cell phone and charger
- Batteries for radio and flashlight
- First aid kit check supply of non-prescription pain relievers, Band-Aids, antibacterial ointment, insect repellent, sunscreen and other items
- Toiletries hygiene and personal care items
- Special need items including prescription medications, baby formula or other specific needs you or your family may have
- Important documents such as insurance policy, ID and proof of residence
- Cash
- Pet care items

Important Numbers

UF RUMOR CONTROL
866-UF FACTS (866-833-2287)

UF POLICE DEPARTMENT
352-392-1111

UF HOUSING & RESIDENCE EDUCATION
352-392-2161

ALACHUA COUNTY RUMOR CONTROL
311

ALACHUA COUNTY DIVISION OF EMERGENCY MANAGEMENT
352-264-6500

GRU POWER OUTAGES/DOWNED POWER LINES
352-334-2871
University Housing Residents
Observe guidance and instructions from Housing staff, including your Resident Assistant, Graduate Hall Director, Residence Director, Area Coordinator and Graduate and Family Housing (GFH) staff.

www.housing.ufl.edu.

Familiarize yourself with this plan before a hurricane. If there is a need to vacate, staff will direct residents to an alternate site for safety.

When possible, foodservice facilities will be open within the residence areas. Housing units not having foodservice facilities will be provided food if the emergency period extends beyond 24 hours. Residents should have their own non-perishable food on hand for the first 72 hours of the emergency.

Residents are encouraged to purchase renters insurance since UF is not responsible for your personal belongings.

Shelter Information
Shelters will normally be available on campus for UF students, staff, faculty and their families. Your decision to go to a shelter should be based on the construction and location of your home.

Bring These Shelter Supplies
- Bedding: blankets, pillow, air mattress or mat
- Reading material, board games
- Cell Phone/Tablet/Laptop with charged batteries, cell phone charger
- Medications
- Gator 1 Card

BE GATOR SAFE.

Monitor Local Media
- Frequently monitor local media (WRUF-TV [Cox Cable Channel 6], 89.1 FM, 103.7 FM and 850 AM) for storm updates and information from local officials.
- In addition to sources such as the UF homepage and UF Alert, University officials will provide information on the status of UF’s schedule and other important updates to the local media.

Off-Campus Residents
As a member of the community you should observe guidance and instructions such as curfews or boil water notices issued by local officials.

If you are living in a rental property, consider purchasing renters insurance to protect your personal belongings.

Review and follow storm guidance in Hurricane 101 section.

Store appropriate supplies and prepare your residence to weather the storm.

Use care and comply with manufacturer’s instructions when operating generators and chainsaws. These two items are often the cause of post-storm injuries and deaths.

Hurricane 101
BEFORE THE STORM
- Ensure disaster supply kit is stocked – see checklist
- Fuel vehicle
- Inform family and friends of plan, especially if sheltering in a different location than residence
- Remove or secure outside items such as potted plants, grills and lawn furniture

DURING THE STORM
- Stay indoors and do not travel during the storm
- If winds become strong, stay away from doors and windows - take refuge in an interior room, closet or hallway
- Do NOT use candles, which can increase fire risk
- Understand that emergency services might not be able to respond during the storm

AFTER THE STORM
- Document any damage with pictures
- Take reasonable actions to protect your property from further damage
- Check on your neighbors
- Avoid downed power lines and flooded areas
- Expect delays and inconveniences
- Even campus may be damaged, so please use care when traveling around to avoid hazards

UF is about 70 miles from either coast and can be impacted by hurricanes. Hurricane season lasts from June 1 through November 30.