environmental wellbeing
Tips for a clean, healthy, and pest free den

CLEAN AIR
Air filters are changed by Physical Plant every August, December and April. Avoid hanging items from or placing furniture in front of your air filter cover. This will restrict air flow creating a dustier filter and dirtier room.

FEELING GOOD
- Sanitize hard surfaces in room weekly
- Wash hands regularly
- Visit your primary care provider annually and visit the Student Health Center if you feel ill
- Get regular sleep, 7-8 hours nightly
- Eat a balanced diet of proteins, fruit, vegetables and whole grains
- Exercise or do something "active" daily

ROOMMATES
You don't have to be best friends with your roommate, but you should respect and care for one another. If you haven't completed your roommate agreement, it's not too late! If a situation is challenging, review your agreement together and use it as guide to revisit key comforts. It's a great starting point!
GENERAL SAFETY

- Lock your door at all times
- Carry your student ID and room keys
- Don't check strangers into the building for you or a friend
- No tailgating! Holding the door for someone is kind, but make sure you know them first
- Show your your ID...every time!
- Never hesitate to call for help from your RA or LUPD

PESTS

Bugs and critters are abundant in New Orleans. Here are some tips to keep them under control.
- Remove exposed food, candy, drinks and crumbs immediately
- Remove food trash in your waste basket promptly
- Vacuum, sweep, and mop weekly
- Regularly inspect your room such as corners of room, bathrooms, mattress and bedding

Loyola is contracted with Terminix for both preventative treatment for insects and rodents, as well as reactive treatments when pests become persistent. This includes:
- Roaches & ants (bates available in Res Life office)
- Spiders
- Silverfish & earwigs
- Rats & mice
- Others

A note about bed bugs: bed bugs travel with people and on things. You can pick them up in homes, on public transit, in restaurants, and bars. Regularly inspect your clothing and personal items before settling into your room. If found, Terminix has an extensive treatment process we follow. Notify Res Life immediately.

CONTACT US
University Police: 504.865.3434
Res Life: 504.865.2445 or reslife@loyno.edu
Student Health: 504.865.3326
Job/Maintenance Request: http://studentaffairs.loyno.edu/residential-life/current-residents
Incident reporting forms: http://studentaffairs.loyno.edu/student-conduct-reporting-forms