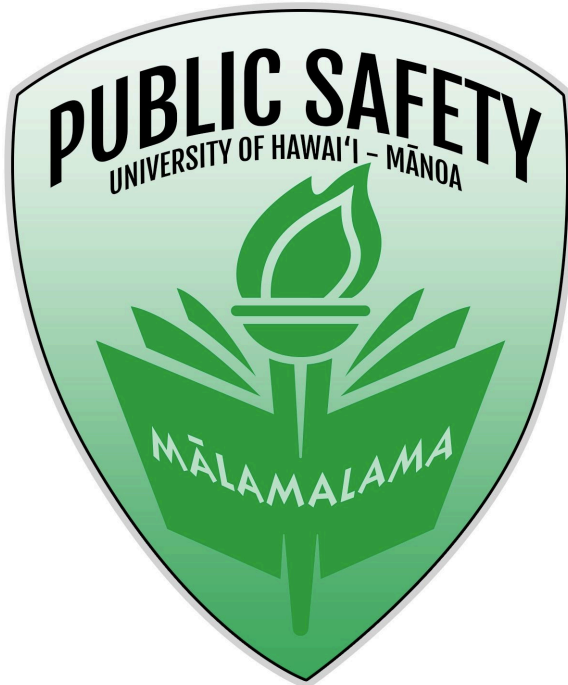




Hawaii Safety and Emergency



UHM Department of Public Safety

Set up Emergency Alerts

- Activate campus emergency notifications to your phone via text message at www.hawaii.edu/alert

Save These Phone Numbers

- UHM DPS Dispatch: **808-956-6911**
 - This number will connect you with a DPS dispatcher. If you are near a blue-light Emergency Call Box, pick up the handset or press the 'call' button and you will be connected with a DPS dispatcher
- UHM Safety Escort: **808-956-SAFE**
 - DPS provides transportation or a walking escort from dusk until dawn for anyone walking alone on campus at night. By calling this number an escort can be dispatched to your location. The escort will either transport you in a vehicle or accompany you on foot to any on-campus parking lot or facility.



On-Campus Resources

PAU Violence	808-956-8059	www.hawaii.edu/womenscenter
UHM Counseling and Student Development Center	808-956-7927	manoa.hawaii.edu/counseling
University Health Services Manoa	808-956-8965	www.hawaii.edu/shs

Off-Campus Emergency Numbers

Honolulu Police Department	911
Ambulance	911
Fire	911
Poison Center	800-222-1222
Sex Abuse Treatment Center	808-524-7273

(More information on next page)



Hawaii Safety Tips

Although Hawaii is generally regarded as a safe place to visit, **you should still be careful at all times.** Honolulu is just like any major metropolitan area in the world, and unfortunately bad things can happen anywhere. By following these safety tips, as well as using common sense, you can help to ensure that your stay in Hawaii is both fun and as safe as possible.

ON-CAMPUS SAFETY

- **NEVER LEAVE YOUR BELONGINGS UNATTENDED**, even in classrooms and around the HELP campus. If you lose something at HELP, come to the HELP Front Office to check the Lost & Found.
- Write your name on your books and other personal items. Do not leave your books overnight in the classrooms or lounge. Rent a locker if you want to keep your school items on campus. Secure your locker with a lock.
- Don't walk around campus alone at night. If walking at night, use well-lit pathways.
- If you think someone is following you or feel unsafe, call a **Department of Campus Safety officer** using the emergency phones (marked with blue lights) located across campus, or by calling them on your cell phone at **956-6911**.
- Campus Security has a free escort service that will meet you and take you to your destination on campus if you are alone at night. **Ph #: 956-7233**
- Always lock your bike to a secure, fixed object when not in use and remove any accessories. A U-lock rather than chain lock is recommended. See Bike Safety handout.
- Once you get a hawaii.edu email, sign up for UH Alerts on your mobile phone. You will automatically be signed up for alerts via email.
 - Go to <http://www.hawaii.edu/alert> and click on "Sign in to UH Alert."
 - Check "UH Manoa & Vicinity," input your cellphone number and Save Changes.
 - If there are any campus emergencies, you will receive an email and a text message about the emergency.



OFF-CAMPUS SAFETY



- **PROTECT YOUR BELONGINGS.**
 - Keep your important items (wallet, phone) close to your body and secured in a zippered bag or zippered pocket. This makes it harder for someone to take it from you!
 - Use a cross-body bag with a zipper and keep it closed
 - **Do not carry large amounts of cash in your wallet.** You can cancel credit cards, but it is much harder to get cash back if it's stolen!
- Put your wallet away in your bag or secured pocket before exiting a store.
- Use ATMs only in well-lit, public places. Put money away quickly after taking it out from an ATM.
- Do not wear flashy or expensive jewelry unless it is an important occasion (i.e. a nice dinner or an interview).
- Protect your belongings as much as possible, BUT never compromise your personal safety to keep your belongings. If someone tries to force your belongings away from you, it is better to let them take it than fight them for it.



- Do not go anywhere with strangers even if they look nice.
- NEVER get into a car with a stranger.
- Ignore strangers who ask you for money.

- Pay attention when you walk. Do not walk around while looking down at your phone or listening to headphones.
- Always walk with a sense of confidence, even if you're lost. If you look confident, then you'll be less of a target for muggers.
- Do not walk around alone at night.
- Walk only on well-lit major roads and never take shortcuts through alleys.
- If you do find yourself walking around at night and the street is not well-lit, use a flashlight or the light on your phone so that people and cars can see you.
- Do not walk around downtown or Chinatown at night, or in any area where there are large numbers of homeless people.
- Carry your cellphone in securely your hand so that if you can quickly call the police in case of an incident.
- If you are alone and feel unsafe, try to get to the nearest area with more people and good lighting, such as a nearby store or coffee shop. Carry personal safety devices such as an alarm in your hand so that you can use it quickly if necessary.
- **Call 911 for emergencies** (police, ambulance, firefighters)

DEVICE SAFETY

Nowdays, computers and cellphones carry lots of valuable information. It is important to protect these items!

- Install and make sure you know how to use "Find My Phone" or a similar application in case your phone is lost or stolen. If your phone is lost, this application can help you track your phone from another device such as a computer.
- Sync or routinely back up your phone data onto another device or a cloud account in case you lose or break your phone.
- If you use mobile payment options such as Apple Pay, be sure that you have a secure code for your lock screen.
- Do not let strangers borrow your phone.

PERSONAL SAFETY ITEMS:

For added security, consider purchasing these personal safety items:

- **Mini flashlight:** It is good to carry a flashlight in case you are out at night. If you carry a small flashlight on your keychain, you will always have one with you.
- **Personal alarm:** A personal alarm will make a loud noise if you push a button or pull a certain pin or cord. On campus, you can purchase a personal alarm at the UH Bookstore. Off-campus, you can purchase them at any general stores such as Longs Drugs or Walmart. They are often small and can be put on your keychain.
- **Pepper Spray:** Pepper spray can be used as a self-defense weapon if you are attacked. Pepper spray can be purchased at sporting good stores or military stores.



TRANSPORTATION SAFETY

- Keep your bus pass in a pass case or in your wallet. Do not put it in your pocket. **If you drop or lose your bus pass, you will need to buy a new one.**
- Try to travel and sit with a friend, especially at night.
- Keep your belongings in your bag so that they do not fall out on the bus. Unfortunately lost items are not always returned to their owners.
- Sit near the bus driver so that he/she can help you if you have any problems.
- If another passenger is bothering you, move to another seat and inform the bus driver.
- When possible, choose to go to bus stops that are well populated.
- If you are alone or feel unsafe at the bus stop nearest to your homestay, ask your homestay family if they can drop you off to a more populated one or contact our housing coordinator for options.
- If you will be arriving home late, make sure you tell your host family and ask your host family to pick you up at the bus stop.
- **It is illegal to jaywalk in Hawaii.** Jaywalking is when you cross a road but there is no crosswalk, or when the signal does not say to walk. It is also illegal to use mobile devices (ex. texting, looking at social media) when you are crossing a street.
- If you forget or lose something on the bus, call **(808) 848-4444**. You will need to leave a message. You must describe the item you lost, and provide information about the bus route number, date and time, area you sat on the bus (front or back) and where you got on and off of the bus.

SAFETY AT HOME

- Always keep your doors and windows locked.

- Do not hide spare keys under doormats, in your mailbox or above the door ledge.
- If you're going to be gone for a long time, leave a few lights on and turn on the radio or TV to create the illusion that someone is still at home.
- Do not leave cash, jewelry or valuables out where people can see them.
- In rooms with expensive electronic equipment, keep the curtains closed so that people outside can't see in.
- Never open the door to a stranger. Use the peephole or look out the window to see who is at the door.

SAFETY AT THE BEACH

- **Always** wear sunscreen, even if it is a cloudy day. Use at least SPF 30.
- **Only go to beaches that have a lifeguard and swim only when a lifeguard is present.**
- Pay attention to the weather and news. **Check beach conditions at hawaiibeachsafety.com**
- Do not swim alone.
- Look out for warning signs on the beach: Don't go swimming if there are warnings about hurricanes, high winds, high surf advisory, jellyfish, or shark sightings.
- Do not go swimming at dawn, dusk or at night when sharks are most active.
- Do not go swimming if you have an open wound or cut.
- Do not go swimming if you have been drinking.
- If you get caught in a rip current, do not fight it. Swim parallel to the shore until you are out of the current, then head back towards the beach.
- Do not step on coral reefs, which may be sharp and have dangerous creatures.
- Never turn your back to the waves, as an unexpected one may knock you down and carry you out to sea.



SAFETY FOR OTHER OUTDOOR ACTIVITIES

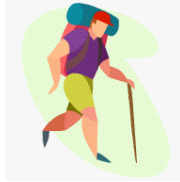
- **Always tell your host family or a friend where you will be.**
- If you are going hiking, never go alone.
- Stick to marked trails that have a State of Hawaii sign at the start of the trail.
- Go with someone who has been on the trail before and knows where to go.
- Check the conditions of the hiking trail online before you go, including weather conditions.
- Bring a cell phone so that you can call for help if you get lost. Make sure your cellphone is fully charged.
- Carry and drink plenty of water.
- Carry extra food and a first-aid kit.
- Do not drink water from a stream.
- Wear sunscreen even if the trail is shaded.
- Carry bug spray to protect yourself from mosquitoes and other annoying insects.
- Wear brightly colored clothing, especially near pig hunting trails.
- Wear covered shoes that are meant for hiking or running.
- Do not eat any plants.
- Do not go hiking when there is bad weather such as rain and high winds.
- Do not go hiking after a big storm or heavy rain as the trail will likely still be wet and slippery.
- Be very careful when crossing streams.

Natural Disaster Safety

- When you hear a siren, tune into the news. Listen to emergency information and instructions broadcast by Civil Defense. **TAKE NECESSARY ACTIONS**
- Turn on the TV or radio stations for broadcast information about the status of State functions – if they are open, closed, who should or should not report to work.
- Do not go out during severe weather or natural disasters!

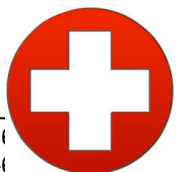
Hurricane and Severe Storms

- Hurricane season in Hawaii occurs roughly between June 1 – November 30
 - Hurricane – sustained winds of 74 mph or higher
 - High winds, heavy rain, flooding, high surf
 - *Hurricane Watch* – storm expected within 36 hours. Listen to the news. Get ready and know where emergency equipment and supplies are.
 - *Hurricane Warning* – storm expected within 36 hours. Listen to the news for emergency information and instructions. If necessary, evacuate to a safer location or emergency shelter.
- Tropical Storm – sustained winds of 39-73 mph
- During hurricane season, pay attention to the news and UH alerts.
- If there is a hurricane or severe weather, UH will close and inform all students by email and the UH alert system.
- If you are staying with a host family, talk to your host family about what you should do in the case of a weather emergency such as a hurricane.
- If you are in dorms such as Kalo Terrace or Waikiki Vista, talk to your Resident Advisor (RA) about what to do in case of an emergency.



Tsunami and Coastal Flooding

- Series of destructive ocean waves affecting all shorelines.
 - *Watch Issued* – tsunami possible. Listen to the news and get ready.
 - *Warning Issued* – sirens will sound. Move to high ground away from shorelines.
- If you are at the beach or near the ocean, and you feel the earth shake,





move immediately inland to higher ground. **DO NOT** wait for a tsunami warning to be issued.

- If roads are flooded, **DO NOT** attempt to drive through rising water.

Earthquake

- Occurs without warning. If you are:
 - *Indoors* – **STAY THERE!** Move away from glass windows and overhead ornaments and get under a heavy desk or furniture or against an inside wall.
 - *Outdoors* – Get into the open. Do not enter damaged buildings. Beware of fire, downed power lines, aftershocks.
 - *Driving* – Stop vehicle in a safe open location. **DO NOT** stop on or under a bridge, trees, power lines, or signs etc. Stay in vehicle until shaking stops.

FIRE SAFETY

In the event of a fire;

- Call 911 immediately.
- Sound the building fire alarm.
- Evacuate the building without delay
- Call DPS for assistance in relocating people to a safe area
- **DO NOT** return to the building.
- Move away from the building entrance and fire department access
- **DO NOT** use the elevator
- Remember to crawl low in smoke.



Prepare for Emergencies

- **Stash a bag** with an extra blanket, flashlight, batteries, first aid kit, and a few days' worth of nonperishable food and water.
- **Make a contact plan with your host family or dorm RA.**