



# Health and Wellness

## National Poison Prevention Week

National Poison Prevention week raises awareness about poison prevention nationwide during March 17th-23rd. The week aims to highlight the dangers of poisoning from common household items, such as disinfectants, pesticides, batteries, and other possible dangers.

In 1948, there was a national effort to reduce the number of accidents in children. It was started by the American Academy of Pediatrics, and a committee was formed in Chicago to address this public safety need.

In November 1953, the poison center at Presbyterian-St Luke's Hospital was formally recognized, and this poison program model spread nationwide. The Poison Prevention week was established in March 1962 with the aim of lowering accidental and unintentional poisoning and bringing more awareness to this issue.

America's Poison Centers receives about 2 million potential poisoning reports in the U.S. every year, with most cases being children under the age of 5 years old. However unintentional poisoning can happen to anybody regardless of age.

Some home safety tips:

1. Keep cleaning products, and cosmetics away and out of reach of children
2. Read product labels before use
3. Supervise young children when using hand sanitizer
4. Don't mix cleaning chemicals together

For more information and tips, please visit [America's Poison Centers Prevention](https://www.poisonhelp.org).

For Fast, Free and Confidential Poison Help, call **1-800-222-1222** and visit [www.poisonhelp.org](https://www.poisonhelp.org).

## POISON CENTERS: Here for the Ages



### Inside this Issue

<b>National Poison Prevention Week</b>	<b>1</b>
<b>Free COVID Rapid Tests &amp; Masks Program Ending on Campus</b>	<b>2</b>
<b>National Blood Donor Month</b>	<b>2</b>
<b>Daylight Savings Begins</b>	<b>2</b>
<b>Winter Is Here! Be Prepared!</b>	<b>3</b>
<b>Shovel First to Protect Stormwater!</b>	<b>4</b>

### Dates to Remember

**January 8** - Spring Semester Begins  
**January 15** - Martin Luther King Jr. Day (Campus Closed)  
**February 19** - Presidents' Day (Campus Open)  
**March 10** - Daylight Savings Time Begins  
**March 9-17** - Spring Break  
**March 17** - St. Patrick's Day

### Safe Thought

*"People helping people -  
lending hands for our  
safety."*



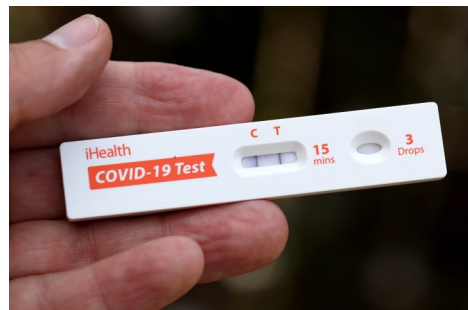
## Free COVID Rapid Tests & Masks Program Ending on Campus

UNC has discontinued the free campus-wide COVID test program and will no longer provide KN95 masks on campus. The test kits and masks were initially provided by the state through programs that are no longer active. The date coincides with the final expiration date on the remaining rapid test kits. Stockpiles of free KN95 masks will also be discontinued as demand has declined significantly over the past several months.

Test kits and masks are widely available via various retailers. Additionally, the [United States Postal Service](#) is still delivering free test kits to mailboxes and [UNC's Student Health Center](#) can administer both rapid and PCR tests for COVID, strep and influenza (applicable visit copays apply).

As a reminder, UNC faculty, staff and students should continue following COVID-19 recommendations and guidelines regarding exposures and positive tests. Anyone who tests positive for COVID should isolate for five full days; testing is still recommended for individuals with [symptoms](#).

More information is available on [UNC's COVID-19 webpage](#).



~Written By Around-UNC



## National Blood Donor Month

The new year is upon us and January is National Blood Donor Month. During winter months' blood is traditionally in short supply due to travel schedules, inclement weather, illness, and of course the holiday season. This reduction in blood supply can put our nation's inventory at a critically low level which can affect our medical care facilities.

The American Association of Blood Banks and the American Red Cross are celebrating National Blood Donor Month in January 2024 to encourage donors to give or pledge to give blood. In the United States about 39,000 units of blood are required by hospitals

and emergency facilities to accommodate the need for fresh blood. This blood is used when dealing with many different types of diseases, organ transplant recipients, and many other medical uses.

If you are at least 17 years of age or weigh a minimum of 110 pounds you are eligible to donate blood. Everyone is encouraged to donate and help out a good cause that could save someone's life when they are in dire need of blood. Save a life and donate today!

For more local information on times and places to donate blood visit [Red Cross Blood](#) or call **1-800-RED-CROSS**.

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## Safety/Fire Focus

### Daylight Savings Begins

On March 10, 2024, daylight saving time will begin and clocks should be set forward one hour. Daylight saving time was started during World War I to conserve energy and use as much daylight as possible. People continue to change clocks twice a year to keep with this tradition. Most digital clocks will reset themselves but remember to change manual devices and spring forward.

For more information on the health and safety risks on switching the clock please read [Daylight Saving Time and Your Health](#).



## Winter is Here! Be Prepared!

Even though winter comes with no surprise to most, many of us may not be ready for its arrival. If you plan and prepare for winter, you will be more likely to stay safe and healthy when temperatures start falling.

The first step is to prepare your residence. Staying inside has no guarantee of safety. To remain safe and warm during the winter months review the following tips:

### 1. Winterize the home:

- Install weather stripping, insulation, and storm windows
- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks

### 2. Check the heating system:

- Have the heating system serviced professionally to make sure it is clean, working properly, and ventilated to the outside
- Inspect and clean fireplaces and chimneys
- Have a safe alternate heating source and alternate fuels available

### 3. If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Test batteries monthly and replace them twice a year.

### 4. Prevent carbon monoxide (CO) poisoning emergencies:

- Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas.
- Learn the symptoms of CO poisoning: headache, dizziness, weakness, vomiting, chest pain, and confusion

### 5. Prepare your vehicle. When preparing the vehicle for winter, follow these recommendations:



- Service the radiator and maintain the antifreeze level
- Check the tire tread or, if necessary, replace tires with all-weather or snow tires
- Keep the fuel tank full to avoid ice in the tank and fuel lines
- Use a wintertime formula in the windshield washer
- Prepare a winter emergency kit to keep in the vehicle in case you become stranded. The kit should include:
  - ◇ Phone charger and extra batteries
  - ◇ Items to stay warm (extra hats, coats, mittens, blankets, or sleeping bags)
  - ◇ Food and water
  - ◇ Jumper cables, flares, tire pump, and a bag of sand or cat litter (for traction)

- ◇ Compass and maps
- ◇ Flashlight and battery-powered radio
- ◇ First-aid kit and plastic bags (for sanitation)

### 6. Finally, take precautions outdoors. Outdoor activities can expose an individual to several safety hazards, but taking these steps can help you be prepared:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and appropriate footwear
- Work slowly when doing outside chores
- Take a buddy and an emergency kit when you are participating in outdoor recreation
- Carry a cell phone



Being Prepared  
Winter Weather





# EnviroHealth

## Shovel First to Protect Stormwater!

Snow can be beautiful during this time of year but can also be a maintenance headache for many. Shoveling and snow removal is not always a fun job, but it is necessary to ensure that pedestrians and bicyclists can travel safely. Sometimes, people will apply salt or deicers to walkways, trails, etc. to help the snow melt faster, but these ice melts are not always great for the environment and can runoff and pollute stormwater.

When trying to protect your home, workplace, or business, to ensure it is as safe as possible, for not only pedestrians but also for stormwater, follow these simple tips:

1. Shovel First and put snow and ice on pervious surfaces, like grass or mulch areas, to allow for the snow to melt into the ground and not run off.
2. Reduce the amount of salt and deicers used on impervious surfaces, like concrete or asphalt, by removing as much ice and snow manually and by only applying the amount of salt needed for the area being treated.
3. Only apply salt and deicers when the conditions are right, per the manufacturer's instructions. Always read the label before applying these products to ensure you are not applying too much and to ensure they work the way they're intended.

Please visit the [City of Greeley's Stormwater Website](#) for more information on how to protect stormwater in your neighborhood.



**Help to Prevent Stormwater Pollution in your neighborhood this winter!**

Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



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It is the mission of the Environmental Health and Safety Department to support university functions by promoting a safe and healthy campus environment for students, faculty, , staff and visitors, as well as to provide professional guidance and direction toward compliance with University, Federal, State and local rules and regulations.