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Environmental Health & Safety New Website

Environmental Health & Safety recently launched a newly updated website. Some of the new information the website provides are programs and services, campus emergency management information, department procedures and guidelines, and frequently used forms.

Visit the new website at <http://www.unco.edu/facility/EHS/main.html>.

Health & Wellness

H1N1 and Seasonal Flu

UNC continues to take precautions regarding the H1N1 influenza virus (swine flu) and the seasonal flu. Seasonal flu is prevalent from October through May. H1N1 flu can be transmitted to one another any time of the year.

Symptoms

Symptoms of seasonal influenza and H1N1 influenza are similar. They include sore throat, fever, headache, chills, fatigue, muscle ache and soreness, and fever. Additional information on symptoms can be found at

<http://www.flu.gov/individualfamily/about/h1n1/index.html#symptoms>.

Precautions

The Colorado Department of Health and Centers for Disease Control (CDC) recommend taking the appropriate precautions to protect your health whenever a flu virus is reported. People need to practice proper hygiene to prevent the spread of germs. The following are some preventative measures:

- Cover your mouth or nose when coughing or sneezing
- Wash your hands often with soap and water
- Avoid touching your eyes, nose, and mouth
- Try to avoid close contact with sick people
- Disinfect areas frequently
- Stay at home if you are sick. Avoid close contact with people or public places until being free of symptoms for 24 hours.



If a resident on campus is sick and cannot make it to the dining hall for a meal, a Bear Care form can be filled out to have a friend pick up a meal for them. For further information visit the Dining Services website at <http://www.unco.edu/dining/>.

Seasonal & H1N1 Vaccination

An annual vaccination is available to help protect you from seasonal flu and the vaccine is available currently, while supplies last. Please see the **Flu Shot at UNC** section of this newsletter for dates when seasonal flu shots are being provided at UNC.

As of September 15, 2009, the Food and Drug Administration (FDA) announced that adults should be administered 1 dose of the H1N1 vaccine, which is different than the seasonal vaccine, as should children and adolescents 10 years of age and older. Children 9 years of age and younger should be administered 2 doses of the H1N1 vaccine. The H1N1 vaccine is scheduled to become available in mid to late October. More information will be provided to the campus if UNC becomes a designated distribution site. For additional Q & A on H1N1 vaccine visit <http://answers.flu.gov/search/results?q=h1n1+vaccine>

Reporting H1N1 Virus

If faculty and staff have been diagnosed with H1N1 virus please contact Cindy Vetter at cindy.vetter@unco.edu the campus Health coordinator. Students should contact their professors when diagnosed with influenza.

UNC is communicating closely with State and Local Health Departments to ensure up to date guidance and preventative measure are in place and being communicated to the campus community.

Contact Information

For current flu information on UNC campus visit <http://www.unco.edu/flu/>

Information from CDC visit <http://www.flu.gov/>

Information from the Colorado Department of Health visit <http://www.cdphe.state.co.us/epr/h1n1.html>

Colorado Department of Health has activated a Toll-Free Help Line to ask questions about H1N1 Flu (between 11 a.m. and 7 p.m.) at (877) 462-2911.

Centers for Disease Control (CDC) – 24-Hour Toll-Free Help Line – (800) 232-4636.

Flu Shot at UNC

There will be multiple dates and locations on campus where flu shots will be provided to faculty, staff and students for a fee. Below are the locations, dates and times.

Friday, October 16, 2009

11:00 am—2:00 pm
University Center
Council Room

Tuesday, October 27, 2009

1:00 pm—4:00 pm
Recreation Center

Thursday, October 29, 2009

11 am —3:00 pm
Carter Hall
HR Conference Room

Monday, November 2, 2009

12 noon —3:00 pm
Michener Library

Tuesday, November 10, 2009

1 pm —3:00 pm
Kepner Hall

Cost - \$25

Cash or check — no credit cards accepted

Safety / Fire Focus

UNC Emergency Alert System

UNC Emergency Alert System is a mass notification system that allows the university to simultaneously issue campus alerts by voice, e-mail and text messages during an emergency.

Examples of when alerts would be issued include, but are not limited to: an imminent threat involving UNC Police or other public safety authorities, tornado warnings, severe weather, campus and building closures, and utility outages.

Faculty, staff, and students are urged to sign up for this service. Go to your URSA account in order register for this service. Keep in mind, if your cell phone number changes, during the year, the new information needs updated in URSA.

For additional information visit the UNC Emergency Alert System website at <http://www.unco.edu/alerts/>.

National Cyber Security Awareness Month

Will someone go as YOU on Halloween?

Did you know that 263,511,426 records containing sensitive personal information have been reported stolen in security breaches in the U.S. since January 2005? Don't be the next victim! Here are some ways to help prevent identity theft.

- Turn off your computer when you are not using it.
- Lock up or shred items that contain personal or sensitive information.
- Encrypt or password-protect any files containing personal or sensitive information.
- Have an up-to-date firewall, antivirus, and anti-malware program running on your PC.
- Verify that anything you download or run is from a trusted source.
- Avoid clicking on any pop-ups. Close them immediately!
- Never advertise your IP address on forums or websites.
- Backup your system!

For more information on this and other cyber security topics, visit www.unco.edu/cybersecurity.

Article from Jessica Raymond, IT Security Analyst

Fire Prevention Week



This year Fire Prevention Week will be celebrated from October 4 – 10th. Just like normal, each year has a new theme for the week. This year's theme is Burn Awareness and Prevention. Some simple strategies that may seem like common sense but are crucial to understand are tips like, checking a child's bath water before they get in, or wearing tight sleeves while cooking on a stove top. Here are some other helpful tips to remember during this week and for the upcoming winter months.

Fireplaces and wood-burning stoves

- Always use a screen
- Build small fires only
- Don't burn paper or trash, sparks can fly
- Have your chimney inspected and cleaned yearly
- Burn only dry, seasoned hardwood

Space heaters

- Keep them three feet away from anything flammable, including walls
- Follow manufacturer recommendations
- Turn off before leaving a room
- Do not use an extension cord on unit
- Use an electric heater that has automatic shut off for accidental tip over's

Miscellaneous

- Never store gasoline in your home
- Always store chemicals in the original containers, keep out of reach of children
- Never use gasoline as a cleaner or remover
- Use charcoal lighter fluid to soak charcoal, never re-soak after lighting, because they may explode
- Never use gasoline for charcoal
- Never carry gasoline in your trunk

Contact the local fire department in your area to find out activities they will be providing to the public during Fire Prevention Week.

For additional information on Fire Prevention Week visit the National Fire Protection Association at www.firepreventionweek.org.

Holiday Trees on Campus



Indoor holiday decorations, such as live coniferous trees can pose a fire hazard and can cause fires. Fire regulations are provided to assist in handling live trees in a proper manner.

Live trees are prohibited in all Residence Halls, but are allowed in selected State buildings as long as the following guidelines are followed:

- 1) Natural cut trees shall have the trunk bottoms cut off at least 0.5 inches above the original cut and placed in a support device.
- 2) Support devices shall:
 - Hold the tree securely, in the upright position, avoiding any tipping hazards
 - Be capable of containing a minimum 2-day supply of water
 - Water level shall be maintained above the fresh cut and shall be checked a minimum of once daily.

- 3) The tree shall be removed from the building whenever the needles begin falling off.
- 4) Trees shall be kept a distance from heat vents, any open flames, or any heat-producing devices at least equal to the height of the tree.

Artificial decorative trees must be flame resistant or flame retardant.

Electrical wiring and lighting on any trees shall be UL listed.

For further information or questions you may contact the Environmental Health & Safety Department at 351-1149.

EnviroMatters

Daylight Savings Time Ends

It's about that time again! Daylight savings time started on the second Sunday in March, clocks were set ahead one hour.

On November 1, 2009 at 2am, Daylight Savings time will end (the first Sunday in November). Clocks will be set back one hour.

Fall Projects and How to be Environmentally Friendly

Now that the temperatures are lower, you feel like being outside and doing those home improvement projects. Remember these projects have the potential to pollute the waterways.

Here are some easy Environmentally Friendly tips for those Fall Projects:

- Use a garbage can for your trash. Recycle reusable materials. Trash isn't just a nasty habit, it's a real health threat, because plastic bottles, fast food wrappers and cups that get tossed onto the ground carry germs and bacteria that can make you sick and pollute our waters.

Don't put trash and litter in the street; it will be washed into the local storm drainage system which include lakes and rivers.

- Sweep the dirt from your walk or driveway back into the yard with your broom so it doesn't get washed into the gutter and into the drainage system. Sediments accumulate and can over time choke out plant and fish habitats.

- Pick up pet waste and dispose of it in the toilet or trash. Pet wastes carry disease-causing organisms that can make people sick and can pollute our waters. Hosing dirt and pet waste away sends it into the drainage system and directly to lakes and rivers which can potentially affect drinking water supplies.
- Dispose of all hazardous home chemicals at your local county Household Hazardous Waste Collection Center. Use the least toxic products available in your home and garden.
- Choose water-based paints such as latex. Wash brushes in your sink with water. If using paint thinner, reuse and recycle it. Don't pour any paint or toxic material down the storm drain.
- Pick up and properly dispose of leaves and grass clippings. These can block catch basin and inlets allowing for potential flooding problems. In addition, they affect the oxygen contents in lakes and rivers and cause fish kills in waterways. Start a compost pile with yard waste. Never use streams or gutters to dispose of yard waste.

BEAR *in* MIND

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 come out every quarter. Find current and archived issues on line at:
<http://www.unco.edu/facility/EHS/newsletters.html>



**ENVIRONMENTAL
HEALTH & SAFETY**