Health and Wellness

**Infection Control**

Spring is in the air and so are germs! Each fall and winter we gear up to protect ourselves from the flu and other contagious infections, but once the season changes, we have a tendency to let our guard down and we don’t think as much about preventing colds or the flu. Studies have shown that the flu bug doesn’t take a break in the spring or summer (in fact, the peak season for flu is often spring time)! It is important that we continue to be vigilant about infection control and prevention in order to keep our campus healthy.

You may be asking yourself, why do I need to be concerned about germs if I got a flu shot?

Some diseases, such as Mononucleosis, commonly referred to as “mono”, cannot be prevented by a vaccine, so your only protection from such illnesses is prevention through infection control.

**How do germs spread from person to person?**

Most germs are spread through the air (sneezes, coughs, or breaths). Germs can also spread in sweat, saliva, and blood. Some pass from person to person by touching something that is contaminated, like shaking hands with someone who has a cold and then touching your own nose or mouth.

**What can I do to prevent the spread of germs?**

Wash your hands often with soap and water for 15 to 20 seconds. If you do not have soap and water, use alcohol-based gel sanitizer or hand wipes and rub your hands together until dry. Although hand sanitizers should not be a replacement for soap and water, they are handy in a pinch, but remember to wash your hands as soon as possible and as often as possible after touching potentially contaminated surfaces.

When coughing or sneezing, cover your mouth and nose with a tissue or cough into your elbow or sleeve to prevent spreading germs. Do not use your hands to sneeze or cough into.

Avoid touching your nose, mouth and eyes. Do not share food, utensils, cups, or bottles.

**What can I do to prevent others from getting sick if I have an illness?**

If you are running a fever and have other flu like symptoms see your doctor as soon as possible. Some medications can help shorten illnesses (flu) and may lessen symptoms.

After seeing your doctor, stay home and keep germs to yourself! If you have a fever stay home for at least 24 hours after your fever is gone and follow the advice of your doctor.

With a few simple practices aimed at infection prevention we can keep ourselves, our family, and our campus healthy all year long!
Mark your calendars for Saturday April 30th, from 10:00 a.m. to 2 p.m. because National Prescription Take-Back Day has arrive once again! Individuals can drop off their over the counter medications and unused or expired prescriptions at several collections sites along the Front Range.

Proper pharmaceutical disposal is very important. If medications aren’t disposed of properly they can end up in landfills where they soak into the groundwater where they reside as residual contaminants. A good portion of improperly disposed of medications end up going down the toilet which then end up contaminating the water supply which our current waste water treatment plants aren’t equipped to handle.

Visit the DEA National Take-Back Initiative for collection sites along the Front Range. For additional information on the proper disposal methods for medications visit the Food and Drug Administration.

UNDERESTIMATING CANCER RISK

When you think of things that cause cancer what do you think of? Food additives? Nuclear power? Alcohol? Cigarettes? It’s true that some of these do contribute to the risk cancer, but diet and exercise choices are a key to substantially reducing one’s risk of cancer? It is estimated that nearly 122,000 new diagnosed cancer cases annually, in the United States, may have been prevented if people were maintaining good health.

According to a recent survey conducted by the American Institute for Cancer Research, most Americans aren’t making the correct fitness and diet choices that may help reduce their risk of cancer. The Institute recommends that individuals should participate in a minimum of 30 minutes of moderate physical activity per day to help maintain good health and eat a proper diet.

The survey results showed that only 23 percent of respondents follow the recommendation set by the Institute, 70 percent believe that their current diet was healthy. Additionally, 50 percent of the respondents said that they were overweight or obese, whereas 42 percent said that they are currently at a healthy weight.

A concern that is being faced by Americans is they are underestimating their risk of cancer. A few lifestyle choices that may help prevent cancer risk may include:

- Maintain a healthy weight by exercising at least 30 minutes a day (recommended to consult a physician before beginning exercise)
- Avoid cured or processed meats such as ham, cold cuts, hot dogs, and bacon
- Eat lots of fruits and vegetables to obtain the daily two and a half cup recommendation
- Reduce red meat consumption below 18 ounces a week which include beef, pork, and lamb
- Limit your alcohol intake which has been found to increase the risk of cancer
- Avoid tobacco use such as smoking or secondhand smoke.

For additional information pertaining to cancer prevention and control visit the Centers for Disease Control and Prevention.
ARBOR DAY & EARTH DAY

The University will be have Earth Day and Arbor Day festivities the week of April 25-29. National Arbor Day is Friday, April 29. Colorado Arbor Day is Friday, April 15. There will be Tree Planting Ceremonies and the annual campus introduction of three Campus Tree Trails. These tree trails include three loops that will identify 110 trees. Trail heads are located at the Visitor Center, University Center and Ross Hall Courtyard. Brochure guides will be provided at these locations. Some of the trees include four State Champions as well as many Colorado State Native trees. An interactive Tree Trail website will also be available for iPad and iPhone users. These trails represent only a small sample of the 3700-plus trees that grace our campus. The University certainly hopes that everyone who walks these trails will enjoy the long-standing commitment the university has for the green-spaces, sustainability efforts, and the beautiful campus arboretum.

The University Arboretum was also recognized as a Tree Campus USA for the 4th year in a row! Tree Campus USA, a national program launched in 2008 by the Arbor Day Foundation and Toyota, honors colleges and universities and their leaders for promoting healthy trees and engaging Faculty, staff, and students in the spirit of conservation. To obtain this distinction, UNC has met the required five core standards for sustainable campus forestry by Tree Campus USA, including establishment of a tree advisory committee, evidence of a campus tree-care plan, dedicated annual expenditures for its campus tree program, an Arbor Day observance and the sponsorship of student service-learning projects. The University and its community can be proud of this sustained commitment to environmental stewardship.

The university invites students, faculty and staff to participate in the campus Arbor Day Tree Plantings. This can be arrange by contacting Pat McDonald at the email address below. The university community is also encourage to participate in the Adopt-A-Spot Program, which is a volunteer program that provides opportunities to add color and beauty to our campus by planting and caring for our many flowerbeds.

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STORM WATER POLLUTION SOLUTION

Pet waste is biodegradable, so what’s the problem? Pet waste contains bacteria that can cause illness. When pet waste is not picked up, rain and sprinkler runoff carry the bacteria across lawns, into streets and gutters, down storm drains, and into our local creeks. Remember, water in storm drains is not treated to remove bacteria harmful to people and the environment.

When walking your dog, always carry a scoop and a plastic bag with you and pick up after your pet! Pet waste stations can be found around campus. City of Greeley Animal Care and Control codes require that pet waste be disposed of properly. Dispose of pet waste by putting it in the trash. Pet waste is not a good fertilizer, so don't toss it into landscaping or your compost bin.

If you take your dog for a walk, PLEASE scoop the poop. It's the neighborly thing to do. Let's all be good neighbors.
Drones and Hoverboards on Campus

Over the last couple of years, advances in technology and reductions in manufacturing costs have led to the large availability of some fun gadgets. Two of the newer devices available to the general public are drones and hoverboards. Both drones and hoverboards can provide hours of outside fun. Hoverboards can provide the convenience of quick transportation as well. It is important to be aware of procedures the university has placed on both drones and hoverboards.

By federal law, drones and other model aircraft are not permitted to be flown within 5 miles of an airport. The University of Northern Colorado property resides within the 5 mile radius of the Greeley-Weld County Airport. Exceptions to this rule must be coordinated and approved through the UNC Police Department.

Currently all hoverboards are banned from university residence halls and campus properties. Currently, the highly flammable lithium ion batteries and chargers pose a significant fire hazard. Not only are hoverboards banned due to the potential fire hazard, but also due to the hoverboards themselves being motorized. UNC doesn’t allow any unauthorized motorized vehicles or transportation to be used on the inner campus sidewalks, bikeways and in campus buildings. Doing so may result in a fine. This policy also applies to motorized bikes and motorized skateboards.

Questions and further information may be obtained by contacting the University Police Department.

Click It or Ticket — 2016 Campaign

Have you ever gotten into your car, driven to your destination, and then just as you were getting out of the car realize that you had forgotten to fasten your seat belt? It happens to all of us but it’s time that we remember to wear them. Seat belt use is required by law, it’s not just a suggestion.

There are more unrestrained crash fatalities that occur during nighttime hours than those that happen during the day.

May 23 through June 5, law enforcement will be cracking down on seat belt violations as the Click It or Ticket campaign of 2016 begins. High-visibility enforcement has been proven to increase seat belt use. The goal of the campaign isn’t to reach a short-term success in seat belt use but to change the way millions of people feel about buckling up. This isn’t about citations: it’s about saving lives.

For more information visit Colorado Click It or Ticket or Products for Enforcement Action Kit (PEAK)

Environmental Health and Safety

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

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The Mission of Environmental Health & Safety is to promote sound ecological management of campus resources and waste; a safe campus environment for students, faculty and staff; and to reduce liabilities to the University and its constituents by ensuring compliance with Federal, State & local guidelines, and generally accepted standards of care.