



## Health and Wellness

### April: Alcohol Awareness Month

In 1987, April became alcohol awareness month. This was organized by the National Council on Alcoholism and Drug Dependence (NCADD). Their main goal is to get youth educated about the dangers of drinking under the age of 21 and to fight the social stigma attached with drinking alcohol. Each year 5,000 youths die under the age of 21 because of alcohol. Alcohol is also more likely to kill youths than any other illegal drug. Drinking too much alcohol can impair the brain and body, have a negative effect on hormones, and can result in violent behavior and traffic accidents.

UNC and the City of Greeley offers services that provide mental health assistance for individuals who are struggling with the overuse of alcohol. If you notice someone who is struggling with this, give them support and advice on how to slow down the alcohol intake. A way to help someone who is struggling with this would be to educate yourself on the signs of alcoholism.

An idea that individuals can do to support Alcohol Awareness Month, take a weekend off from drinking and to see how you handle it. If going 72 hours without alcohol is too hard or you couldn't make it 72 hours, seeking help might be very beneficial for your future. About 30% of Americans struggle with alcoholism, so don't be ashamed if you are one of those people. It is never too late to seek help.

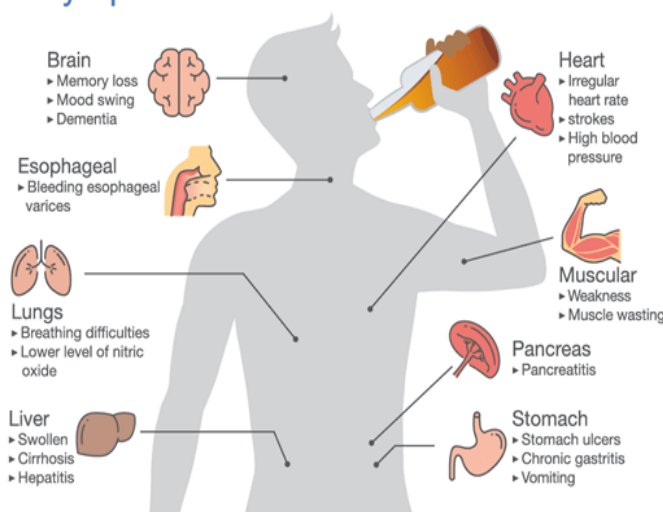
For additional information and resources please visit:

[Colorado Access](#)

[Recovered](#)

[National Institute on Alcohol Abuse and Alcoholism](#)

### Symptoms and Effects of Alcoholism



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### Dates to Remember

**April 2** - World Autism Awareness Day  
**April 20** - Earth Day  
**April 29** - Last Day of Classes  
**May 2-6** - Finals Week  
**May 6 & 7** - Commencement  
**May 8** - Mother's Day  
**May 30** - Memorial Day (Campus Closed)  
 June 14 - Flag Day  
 June 19 - Juneteenth (June 20 Campus Closed)  
 June 19 - Father's Day

### Safe Thought

**Safe Actions**  
**Bring Lasting**  
**Satisfaction**

## National Prescription Drug Take-Back Day

Mark your calendars for Saturday April 30th, from 10:00 a.m. to 2 p.m. National Prescription Drug Take-Back Day has arrived once again. Individuals can drop off their over-the-counter medications and unused or expired prescriptions at several collection 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 ground and surface waters where they reside as residual contaminants that have the possibility of having detrimental effects on animal life and the environment. 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 wastewater treatment plants aren't equipped to handle. By following the drug disposal instructions that have been set in place by the FDA you will not only be helping yourself but the environment.



Visit the [DEA National Take-Back Initiative](#) website for collection sites along the Front Range and for more information on the proper disposal methods for medications visit the [Food & Drug Administration](#) website.

### Collection Sites

**UNC, University Center**, 2101 10th Avenue, Greeley  
**Greeley Police Headquarters**, 2875 W 10th St, Greeley  
**Evans Police Department**, 1100 37th St, Evans  
**Windsor Police Department**, 200 N 11th Street, Windsor

## Safety/Fire Focus

### Turn Signal Vehicle Safety

Operating a motor vehicle is a risk that many of us take daily and while some accidents are unavoidable there is one piece of equipment that can make driving safer for everyone, the turn signal. Turn signals are the key safety feature that is required to be built in as standard equipment on all vehicles and is also required by law to be used by the driver every time they go onto a public street. Yet some drivers do not use their turn signal correctly and therefore are a danger to other drivers and even pedestrians.

Reports show, irregular use of turn signals averages two million accidents per year because drivers fail to signal. It is considered polite to use blinkers, but the main function is to warn others about an intention to turn, slow down, or change lanes. This gives other drivers the needed reaction time to avoid an accident. In addition, it is good practice to use the turn signal when parking, pulling out, turning from traffic circles/roundabouts, parallel parking, and of course merging and passing. While signals are not always required by law in these types of situations, they can prevent an accident or a confrontation with another motorist. Not only could you get a fine for failure to turn but in some cases, drivers that do not use their turn signals correctly may be liable for causing accidents even if hit from behind.

There have been cases where drivers were found liable for signaling too late when approaching an intersection, or when attempting to pass. The turn signal law for Colorado explains that a signal of intention to turn right or left shall be given continuous. In urban or metropolitan areas, drivers are required to turn on their turn signal a minimum of one hundred feet before turning. If a driver is on a four-lane highway or highway where the posted speed limit is greater than forty miles per hour, a turn signal is required a minimum of two hundred feet prior to turning regardless of weather conditions.

If the motorized vehicle does not have turn signals, there are some hand gestures that all drivers should be aware of and should watch out for. A left turn is indicated by the drivers arm straight out to the side. The right turn hand signal is indicated by the driver extending the arm at a 90-degree angle upwards with your palm facing forward. A stop signal is the driver placing the arm in a downward direction.



## Be Prepared for a Tornado

A **tornado** (often referred to as a **twister**) is defined as a violent, dangerous, rotating column of air that is in contact with the surface of the earth. Tornadoes come in many shapes and sizes, but are typically in the form of a visible condensation funnel, whose narrow end touches the earth and is often encircled by a cloud of debris and dust. Tornadoes wind speed can vary between 40mph up to 318mph. Most tornadoes have wind speeds less than 110 mph.

### Know the difference between a Tornado Watch and a Tornado Warning

NOAA defines a **Tornado Watch** as tornadoes and other kinds of severe weather possible in the next several hours. It does not mean tornadoes are imminent, just that you need to be alert, and to be prepared to go to safe shelter if tornadoes do occur or a warning is issued. This is the time to turn on local TV or radio, turn on the weather radio, make sure you have ready access to safe shelter, and make your friends and family aware of the potential for tornadoes in the area.



A **Tornado Warning** means that a tornado has been spotted, or that Doppler radar indicates a thunderstorm circulation which can spawn a tornado. When a tornado warning is issued, take immediate safety precautions.

### During a tornado warning, if you are on campus:

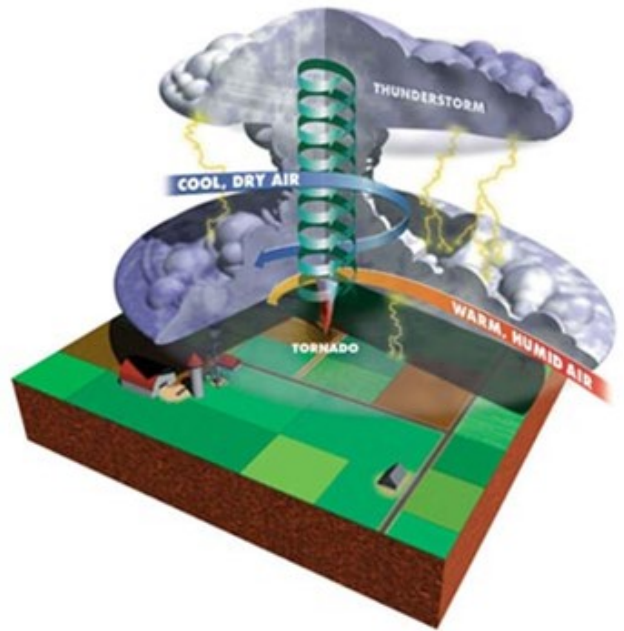
- The campus [emergency alert system](#) will be activated.
- During a Tornado Warning, all individuals should calmly **proceed to a designated Tornado Staging Area** (stay out of structures with wide free-span roofs like auditoriums and gymnasiums).
- Crouch down and cover your head.
- Stay out of elevators; you could be trapped if the power is lost.
- Do not use the general building fire alarm to signal a tornado alert.
- Do not call University Police unless there is an emergency.
- Do not leave campus in a vehicle or on foot during a tornado warning.

### If you are in a home:

- Go to the lowest floor, small center room or in an interior hallway with no windows.
- Even in the interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.) to protect against falling debris in case the roof or ceiling fails.

### If you are in a vehicle:

- If a tornado is visible and close, park the vehicle as quickly as possible (out of traffic lanes), get out and seek shelter in a sturdy building.
- If a building is not available, run to lower ground away from any vehicles, lie flat and face down, protecting the back of your head with your arms.
- Avoid seeking shelter under bridges which can create deadly traffic hazards while offering little protection from flying debris.



Information on campus Tornado Staging Area maps can be found on the [URSA](#) website under the Campus Safety tab. For additional tornado preparedness information visit [Ready.gov](#).



# EnviroHealth

## World Environment Day

World Environment Day is held every year on June 5<sup>th</sup> and was first implemented by the United Nation (UN) on June 5, 1972. It's been used as a global platform to raise environmental awareness and ecosystem restoration.

The World Environment Day will celebrate its 50-year anniversary this year, which will be held in Sweden. Each year, this day is hosted by a different country where the official celebrations take place. With over 150 countries participating, with the same slogan back in 1972, the theme for this year, "Only One Earth", focuses on living sustainably in harmony with nature.

The UN partners with governments, businesses, civil society, schools, celebrities, cities, and communities, raise awareness and make policy changes to involve everyone to care for the planet. With this platform you can do your part by making a commitment to recycle, plant a tree, and/or volunteer with your local communities to promote environmental awareness.

For more information: [World Environment Day](#)

## Taking Care of Our Water Ways

The weather is warming up and we can spend more time outside! Many will be spending time with furry friends, taking walks, playing fetch, and other fun games. But our canine companions can have a huge impact on our water quality. The average dog in Colorado creates almost 274 pounds of feces each year! That adds up to about 39 million pound of phosphorus and 9 million pounds of nitrogen.

Unfortunately, these nutrients can make their way into our lakes, rivers and streams. This can result in algal blooms and even kill fish. Please remember to 'scoop the poop' and make sure it gets into the closest trash receptacle!

Another favorite activity for many is working in the yard or garden. This often results in the same nutrient issues as dog waste.



Below are three things that can be done differently to reduce impact this season:

- Go easy on the fertilizer. Do the math and only use the amount of product needed for the square footage in your yard.
- Buy phosphorus-free fertilizer. Ask the store where fertilizer can be purchased.
- Avoid over-cutting and over-watering. Leaving your grass a little longer will reduce the need for water in the heat of the summer. Added bonus: lower water bills too!

For more information on Stormwater, visit: [City of Greeley Stormwater](#)

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](#).



Parsons Hall  
501 20th Street  
Campus Box 57  
Greeley, CO 80639  
Phone: 970-351-2446

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.