

BEAR *in* MIND



UNIVERSITY OF
NORTHERN COLORADO

October 2021 VOLUME 22, ISSUE 4

For COVID-19 Health Alerts and Information from UNC, [click here](http://www.unco.edu/coronavirus) or visit www.unco.edu/coronavirus

Safety/Fire Focus

Holiday/Winter Fire Safety

With winter right around the corner, most of us will be spending a lot more time inside away from the cold and winter storms. Well, this is a good time to catch up on those Netflix shows that we have queued up. It is also a time when we are most at risk for fires to occur in the home. Heating, holiday



decorations, winter storms, and candles all contribute to an increased risk of fires during the winter months. Below are some quick safety tips that will help reduce the risk for winter fires and other hazards, including carbon monoxide and electrical fires.

- Keep candles at least 12 inches away from anything that burns. Half of the home decoration fires in December are started by candles. (Candles are not allowed in campus residence halls.)
- A dry tree can burn very hot and very fast. Keep your live holiday tree watered and healthy to prevent quick-started fires. Dispose of your tree when it is dry.
- Read the manufacturer's instructions for the number of light strands to connect. Also, check light strings for broken or cracked sockets or frayed wires.
- Keep portable generators outside, away from windows, and as far away from your home as possible.
- Install and test carbon monoxide alarms at least once a month.
- Plug only 1 heat-producing appliance into an electrical outlet at a time.
- Have a professional clean and inspect your chimney and vents annually.
- Keep combustible items at least three feet away from heaters.
- Never use the oven to heat your residence.
- Turn portable heaters off when leaving the room or get one that has an automatic shut-off switch.
- Make sure fireplaces have a sturdy screen to stop sparks from flying into the room and keep wood stove doors closed unless adding wood.

Inside this Issue

Holiday/Winter Fire Safety	1
Cyber Security Awareness Month	2
Daylight Savings Ends	2
Flu Shot Clinics	3
Prescription Take Back Day	3
Mental Illness Awareness Week	3
Stormwater Pollution	4

Dates to Remember

October 3-9 - Mental Illness Awareness Week
October 23 - Prescription Take Back Day
October 31 - Halloween
November 7 - Daylight Savings Time Ends
November 11 - Veteran's Day (Campus Open)
November 24-28 - Thanksgiving Break (No Classes)
December 6-10 - Finals Week
December 10-11 - Commencement
December 24 - January 2 - Holiday Break (Campus Closed)

Safe Thought

"Safety is a race we can all WIN"



NATIONAL CYBER SECURITY AWARENESS MONTH

Cyber Security Awareness Month

Greetings fellow bears. IM&T wanted to share some tips for cyber security awareness month to help you avoid scams.

Email scams come in many varieties but there are several things to watch for that will help protect you. Who sent the email? Did it come from an email address you recognize? Mail systems are designed so that anyone using an external account can choose whatever name they want for display. Always check the email account that the email came from.

Inside of UNC we often see emails that claim to be from our department heads or peers but are marked as [External]. This common tactic is what scammers use to trick us into trusting a request that is sure to follow. If someone requests any of the following items it should immediately strike us as suspicious: cryptocurrency (bitcoin, Ethereum, dogecoin), requests to buy gift cards, or applications used to send money such as PayPal, cash app, Venmo). No one from work, and hopefully not friends or family, will make unusual or suspicious requests involving these items.

Another common scam is to send you a fake invoice. Recently we have seen a lot of fake Norton Antivirus invoices. These can be very convincing if you have worked with a company that sends invoices like this. Scammer's often find companies that are sending invoices like these and use their exact template. A good rule of thumb is that if you didn't sign up for it, or if you weren't expecting it, then it is most likely a scam. IM&T is here in those cases where you just aren't sure. We have special virtual machines where we can click on a suspicious link, and we don't mind calling the company to try to see if this is legitimate business.

To summarize: if you don't know the email address or get a strange request that would require you to spend money, or you didn't expect an email related to what the sender is asking, don't respond or interact with that email. When in doubt please reach out. You can forward the suspicious email to help@unco.edu or visit our site [Help Desk](#). You can also take a look at emails we have already seen that are suspicious we post those on the [Phish Bowl](#).

Written by: Matt Langford (IM&T Chief Information Security Officer)

Daylight Savings Ends



On November 7, 2021, daylight saving time will end and clocks should be set back one hour. Daylight saving time was started during World War I to conserve energy and use as much day light 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 fall back with the times.



169 million personal records exposed from financial, business, education, healthcare, & public sectors in 2015.

WEEK 1: SIMPLE STEPS FOR ONLINE SAFETY

Every digital user should know how to be safe and secure while using the Internet. Week 1 is dedicated to sharing information that will better prepare you for cyber threats.



66% of small businesses rely on the Internet but only 23% have an internet security policy.

WEEK 2: CYBER FROM THE BREAK ROOM TO THE BOARD ROOM

Data breaches & cybercrime don't discriminate. Everyone in an organization is susceptible to becoming a victim. Week 2 is dedicated to educating employees in the workforce & promoting best practices.



594 million people are affected globally by cybercrime each year.

WEEK 3: RECOGNIZING AND COMBATTING CYBERCRIME

Cybercrime is a growing concern that has the potential to affect everyone. Week 3 is dedicated to promoting awareness of the different types of cyber threats.



24 billion or more internet-connected devices will be installed globally by 2020.

WEEK 4: OUR CONNECTED LIVES: WHAT'S YOUR "APP-TITUDE"?

Technology is advancing at such a rapid pace that individuals are always connected. Week 4 is dedicated to looking at the future of the connected world.



295 cyber incidents targeting critical infrastructure in 2015.

WEEK 5: BUILDING RESILIENCE IN CRITICAL SYSTEMS

Cybersecurity plays a role in almost all aspects of our everyday lives by keeping crucial systems up & running. Week 5 is dedicated to highlighting ways we can keep our critical infrastructure secure.

Health and Wellness



Flu Shot Clinics

It's that time of year again! Flu season will be upon us. Did you know that flu shots can....

- Keep you from getting sick with flu?
- Reduce the severity of illness in people who get vaccinated but still get sick?
- Reduce the risk of flu-associated hospitalizations?

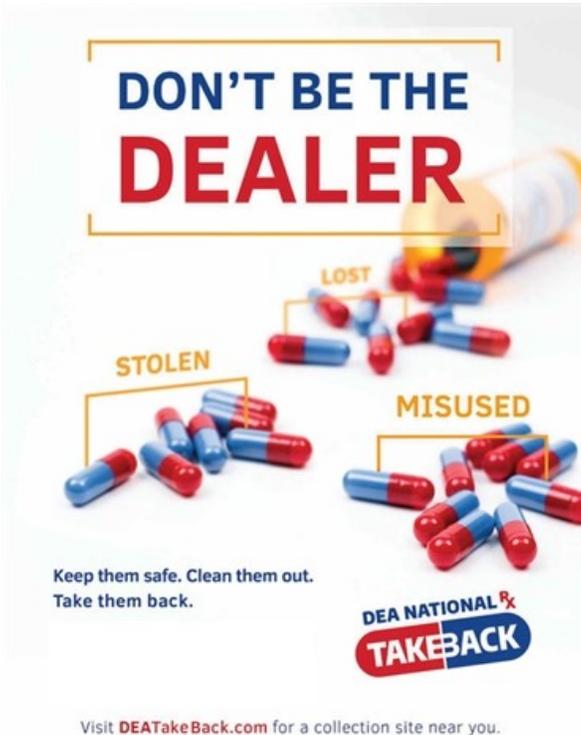
Members of our UNC Bears community can receive a flu shot. It's fast and easy. Here are the details you need.

Students

- Obtain a free flu shot at the Student Health Center. Just walk in anytime with your student ID between 8:30am and 4:00 pm. Contact the [SHC](#) with questions.

Employees

- **UNC classified staff** can get a free flu shot Friday, Oct 8, between 8am-10am in the Council Room at the University Center. Bring your insurance card if you have one.
- **UNC faculty, professional administrative, and classified staff** can get a flu shot Wednesday, Nov 17th between 7am-11am in the Panorama Room of the University Center during the health fair. Bring your insurance card if you have one.



Prescription Take Back Day

Don't Flush It

Don't miss out on 2021's National Prescription Takeback Day, this **October 23rd from 10:00 AM—2:00 PM.**

Flushing medicines and other substances down the toilet negatively impacts our water quality and thus the environment we live in. Help protect our water, our wildlife, and our community as a whole by setting aside time to properly dispose of your old pills.

MAKING A POSITIVE IMPACT IS SIMPLE!

All you have to do is bring your old pharmaceuticals to one of these locations:

- UNC University Center, 2045 10th Ave., Greeley (Lower A-Lot)
- Greeley Police Headquarters, 2875 W 10th St., Greeley
- Sam's Club Parking Lot, 3247 23rd Ave., Evans
- Erie Police Department, 1000 Telleen Ave., Erie
- Eaton Police Department, 180 S. Elm Ave., Eaton
- Loveland Police Department, 810 E 10th St., Loveland
- Fort Collins Police Department, 2221 S. Timberline Rd., Ft Collins

Mental Illness Awareness Week

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why each year, during the first week of October, [NAMI](#) and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).

Mental health conditions are important to discuss year-round, but highlighting them during MIAW provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

If you are affected by mental illness, there are campus resources available. Follow the link to the [UNC Counseling Center](#) to learn more about the resources available to students, faculty, and staff.



EnviroHealth

Stormwater Pollution

Fall is upon us! Along with the cooler weather, the coming of autumn also means that the trees around the city will soon be shedding their leaves. While the vibrant colors of autumn leaves may be nice to look at, they may also present a water quality problem if they are not dealt with properly.



A recent study conducted by the U.S. Geological Survey (USGS) showed that leaf litter can contribute a significant amount of phosphorous to our stormwater. The addition of phosphorous to our rivers and lakes can end up depleting the oxygen that fish and other aquatic organisms need to survive. The study conducted by the USGS found that the total amount of phosphorous contributed to stormwater annually from leaf litter can be reduced from 56 percent to 16 percent if everyone does their part to clean up! So, what can you do to help?

- Rake a lawn and bag the leaves
- Do not dump leaf litter down storm drains
- Make sure leaf litter is cleaned up at the end of a driveway
- Check the weather! If there is rain in the forecast make sure you don't put off yard work
- If you see a storm drain clogged up by leaf litter, report it to City of Greeley Streets Department at (970) 350-9336

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.