

BEAR *in* MIND



UNIVERSITY OF
NORTHERN COLORADO

JULY 2024 VOLUME 26, ISSUE 3

Health and Wellness

Heat Related Illness Guidelines

With summer finally arriving in Colorado it is a very good opportunity to get out and experience all the outdoor activities that Colorado has to offer. This year's predictions for the summer season released by NOAA's climate prediction center shows the weather is likely to heat up in almost every corner of the United States. Colorado specifically has a 60 to 70 percent chance of above-average temperatures over the next three months. With temperatures increasing this summer, be mindful of heat-related illnesses. Prolonged exposure to abnormal amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illnesses. The three main types of heat-related illnesses are heat cramps, heat exhaustion, and heat stroke. Heat cramps are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat. Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke. Heat stroke is the most severe form of heat illness and occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention. These illnesses can be frightening but have no fear there are ways to prevent them and make your days in the sun more enjoyable.



Some general guidelines to help protect you from heat-related illnesses include the following:

- Drink plenty of fluids during vigorous or outdoor activities (including sunbathing), especially on hot days. Drinks of choice include water and sports drinks; avoid alcohol and fluids with caffeine, such as tea, coffee, and cola, as these can lead to dehydration.
- Dress in light-colored, lightweight, tightly woven, loose-fitted clothing on hot days.
- Schedule vigorous activity and sports for cooler times of the day. Take rest periods in shady or cool areas.
- Make sure you are protected from the sun and wear a hat, sunglasses, and use an umbrella. Use a sunscreen that is at least SPF (sun protection factor) 15.
- Increase time spent outdoors gradually to get your body use to the heat.
- Take frequent drink breaks and "wet down" or mist yourself with a spray bottle to avoid becoming overheated.
- Try to spend as much time indoors as possible on very hot and humid days.
- Warm-up and cool down before and after exercising.



Inside this Issue

Heat Related Illness Guidelines	1
2024 Health & Safety Festival	2
International Overdose Awareness Day	2
Motor Vehicle Theft Prevention Month	3
Storm Water Use & Water Runoff	4

Dates to Remember

July 4 - Independence Day (University Closed)
July 5—Governor's Holiday (University Closed)
August 21— Residence Halls Open
August 26 – Fall Semester Classes Begin
September 2— Labor Day (University Closed)
September 18—Health & Safety Festival

Safe Thought

"Lead the way, safety today!"

2024 Health & Safety Festival

You are invited to the 17th annual Health and Safety Festival on Wednesday, September 18th, from 11:30 AM – 1:30 PM between McKee Hall and Candelaria Hall. This event is free, open to the campus community and general public. You will have an opportunity to see inside a Medivac Helicopter, participate in a hands-on presentation with the Greeley Fire Department and visit many other safety and health agencies at their information booths.



International Overdose Awareness Day (IOAD)

International Overdose Awareness Day (IOAD) is held on August 31 of every year. This day aims to provide information to end overdoses, remember those without stigma who have died, and acknowledge the grief of their loved ones. The theme for 2024 is “Together we can”, to highlight the power of community when we all stand together.

In the past twenty years, drug overdoses have skyrocketed all over the world, and with each passing year; a record number of people have died due to an overdose. Just in the U.S. alone according to the CDC, last year in 2023, there was an estimated 107,543 drug overdose deaths. Which was a decrease of 3% from the previous year and the first annual decrease in drug overdose deaths in years.

An overdose is when the body cannot handle the amount of drug and causes adverse effects in the body, including death. There can be a range of signs and symptoms that can occur when a person overdoses, and everyone responds differently. Signs and symptoms depend on a variety of factors including which drug is taken, the amount taken, and the person’s state of health at the time. Some symptoms that the person may exhibit would be vomiting, being unresponsive but awake, a limp body, pale and/or clammy face, bluish fingernails and/or lips, shallow or erratic breathing, or not breathing at all. If someone you suspect is having an overdose, it’s important for them to receive medical attention as soon as possible. Sometimes it can take hours for someone who has overdosed to die. Call an ambulance if you suspect someone has overdosed.



All drug overdoses are preventable; One of the aims of International Overdose Awareness Day is to increase awareness of evidence-based strategies and tools that can help prevent overdoses from occurring. That is, preventing harm and deaths from overdose. Some of these strategies include:

- Naloxone or Narcan distribution programs
- Safe consumption sites or safe injecting sites, which are known by many other names including ‘supervised consumption’, ‘supervised injection’, ‘drug consumption’, or ‘medically supervised injecting’ sites
- Medication-assisted treatment (MAT) which is also known as opioid substitution treatment or therapy (OST) or pharmacotherapy
- Needle and syringe programs, also known by needle and syringe exchange programs, many of which offer additional wrap-around social and health support services
- Drug checking or drug testing services which analyze drugs to uncover any potentially dangerous substances.

For more information please visit [Over Dose Day](#)

Safety/Fire Focus

Motor Vehicle Theft Prevention Month: Safeguarding Your Ride at UNC

July is Motor Vehicle Theft Prevention Month, a time dedicated to raising awareness about vehicle theft and providing the public with strategies to protect their vehicles. As students, faculty and staff of the University of Northern Colorado (UNC), understanding and implementing theft prevention measures can save you from the stress and financial burden associated with motor vehicle theft.

Motor vehicle theft is a significant issue across the United States, with thousands of cars stolen each year. College campuses can be particularly vulnerable due to the high concentration of vehicles and sometimes lax security measures. Here are some essential tips individuals can follow to avoid becoming victims of motor vehicle theft:

1. ****Always Lock Your Vehicle****

It might seem obvious, but many thefts occur due to unlocked doors. Make it a habit to lock your vehicle every time you leave it, even if you are just stepping away for a moment. Double-checking can make a significant difference.

2. ****Park Smart****

Choose well-lit, busy areas for parking. Thieves are less likely to target vehicles in visible, populated spots. If you have access to a garage or secured parking lot, use it. On-campus, prefer parking near surveillance cameras or in areas with regular security patrols.

3. ****Remove Valuables****

Visible valuables like laptops, phones, or even loose change can attract thieves. Always take your belongings with you or store them out of sight in the trunk or glove compartment. The less temptation you provide, the safer your vehicle will be.

4. ****Use Anti-Theft Devices****

Invest in anti-theft devices such as steering wheel locks, alarms, or immobilizers. These devices act as deterrents, making it more challenging for thieves to steal your vehicle. For added security, consider a GPS tracking system that can help recover your car if it is stolen.

5. ****Be Cautious with Keys****

Never leave your keys inside the vehicle or in hidden spots like under the wheel well. Avoid handing your keys to untrusted individuals and be mindful of where you store spare keys. Modern vehicles often come with keyless entry systems, so ensure your key fob is kept secure to prevent theft.

6. ****Stay Informed and Involved****

Participate in campus safety programs and stay updated on crime alerts from UNC's Police Department and Campus Safety. Being aware of recent thefts and suspicious activities can help you stay vigilant.

7. ****Report Suspicious Activity****

If you notice any suspicious behavior around parking lots or vehicles, report it immediately to campus police. Quick reporting can prevent potential thefts and assist in apprehending suspects.

By incorporating these practices into your daily routine, you can significantly reduce the risk of your vehicle being stolen. Remember, taking a few extra precautions can save you from the hassle and heartache of motor vehicle theft. Let's use Motor Vehicle Theft Prevention Month as a reminder to be proactive about vehicle security.

For additional information and resources visit [UNC Police](#) or the [National Highway Traffic Safety Administration](#). Stay safe, and protect your ride!

PROTECT YOUR VEHICLE FROM THEFT *What You Should Know*



For more information on vehicle theft prevention and NHTSA, check out [NHTSA.gov/Theft](#).



13718-052318-v1a

Written by Leroy Olivas II, University of Northern Colorado Police Officer

EnviroHealth

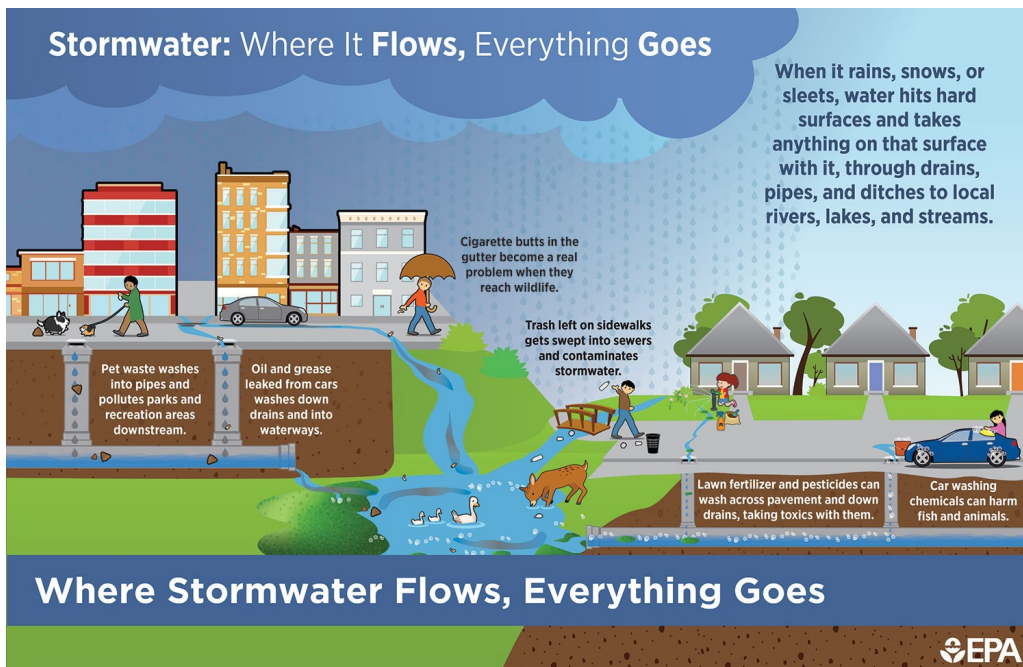
Smart Water Use & Water Runoff

Living in an arid climate like we do here in Colorado makes water efficiency and best practices very important for residents and businesses. There are many ways to ensure water is being managed efficiently and we all play an important part in these efforts. Here are a few tips to help save water around your residence and workplace:



1. Instead of power washing your driveway, sidewalks, walkways, patios, etc., try a broom to sweep up debris. Spot treat as needed and be sure to collect the wash water.
2. Implement native and drought tolerant plants around your yard which decreases the amount of irrigation, pesticides, and fertilizers needed. Native plants also promote more pollinators.
3. Check your sprinklers! Water runoff carries dirt and other pollutants to storm drains, which flow directly to local waterways without treatment.
4. Water lawns early in the morning or later at night. Also, implement the cycle and soak watering method, which means watering different zones for 5 minutes at a time, letting the water soak in for 30-40 minutes, then repeating once or twice as needed.
5. Adjust sprinklers to avoid overspray and unnecessary runoff. When water runs off the grass, the products applied to lawns often end up in nearby streams and harm aquatic life. Stormwater runoff collects litter, pesticides, fertilizers, and other pollutants from our residence and businesses and carries it straight to local waterways untreated.

Please reach out to the [City of Greeley's Stormwater Division](#) if you have any questions.



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.