

# BEAR in MIND



## Health and Wellness

### It's Not 'JUST' the Flu—it's a Serious, but Preventable, Disease!

How severe the current flu season will be, and people's individual reactions if infected, are impossible to predict. That's why prevention and treatment when sick is vital. Being prepared against the flu involves taking a three-pronged approach.

The first and most important way to prevent the flu is to get an annual flu shot, preferably before the end of October when flu begins to circulate rapidly. Most people, including those who are 6 months and older can benefit from getting vaccinated.

Taking simple actions in your environment can be effective in preventing the spread of flu. Avoiding close contact with people who are sick is a start. Other tips include:

- Staying home if you are sick
- Cover your mouth and nose when you cough or sneeze
- Keeping your hands clean with soap and water or hand sanitizer
- Don't touch your eyes, nose or mouth
- Flu viruses may live on surfaces for up to 48 hours, so make sure to disinfect surfaces.

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### Dates to Remember

October 14 - Indigenous People's Day (Campus Open)
October 31 - Halloween
November 3 - Mountain Standard Time (MST) Begins
November 11 - Veteran's Day (Campus Open)
November 27-29 - Thanksgiving Holiday (No classes)
December 9-13 - Finals Week
December 13-14 - Commencement
December 24-January 1 - Holiday Break (Campus Closed)

### Safe Thought

*"Hearing protection is a sound investment"*

**The Flu is NO Fun**

Know the Facts

Flu is a highly-contagious disease that easily spreads via droplets created when someone coughs, sneezes, or talks.

Children are most likely to get and spread the flu.

Most children who die from the flu had not received their annual flu vaccine.

Have a Flu Vaccination Game Plan

Annual flu vaccination for everyone 6 months of age and older is the best way to protect against the flu.

Make flu prevention a priority. HERE'S HOW:

#1 Get an annual flu vaccine

#2 If you have flu symptoms, get tested and take antivirals if prescribed.

Practice Healthy Habits, too

In addition to an annual flu vaccination, it's also important to:

- Wash hands often
- Stay home if you don't feel well
- If you suspect you have the flu, get a flu test
- Take antivirals if prescribed to reduce the spread of flu
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick

Getting your annual flu vaccination and practicing healthy habits protects you AND everyone around you, too!

If you are diagnosed with the flu your doctor may prescribe an antiviral medication. Antivirals can lessen flu symptoms and shorten the length of time you are sick. It is best to start an Antiviral within 48 hours of feeling sick. Students and staff can be diagnosed and treated at the Student Health Center without an appointment.

As part of UNC's efforts to reduce Influenza on campus, the Student Health Center is offering free flu vaccines for all registered students. For more information visit [Student Health Center](#)

## National Protect Your Hearing Month 2024

October is National Protect Your Hearing Month and is a time dedicated to raising awareness about preventing noise-induced hearing loss (NIHL). This yearly awareness campaign highlights the importance of protecting your ears from loud noises that can cause permanent damage.

Hearing loss is a very common issue that affects millions of people. In the U.S., hearing loss is the third most common chronic physical condition after high blood pressure and arthritis. Noise-induced hearing loss occurs when sounds are too loud and listened to for prolonged periods of time. This damage occurs in the inner ear to the hair cells called cilia. There are no known cures that can regenerate these cells once they are damaged.

Almost all hearing loss is permanent, and it can have a profound impact on quality of life. Some of these impacts include:

- As hearing loss worsens, hearing and understanding others becomes increasingly difficult, which can lead to isolation.
- Hearing loss is associated with cognitive (mental) decline and heart problems, such as high blood pressure and heart disease.
- Hearing loss is strongly associated with depression.
- Hearing loss can lead to loss of enjoyment, when all the sounds we want to hear, like music, or the voice of loved one, become muted and lack quality.
- Ringing in the ears (tinnitus), which often occurs along with hearing loss, can disrupt sleep and concentration, and is associated with both depression and anxiety.
- Hearing loss can impact safety at home and on the job.
- Income is typically lower among workers with hearing loss, than among workers with normal hearing.

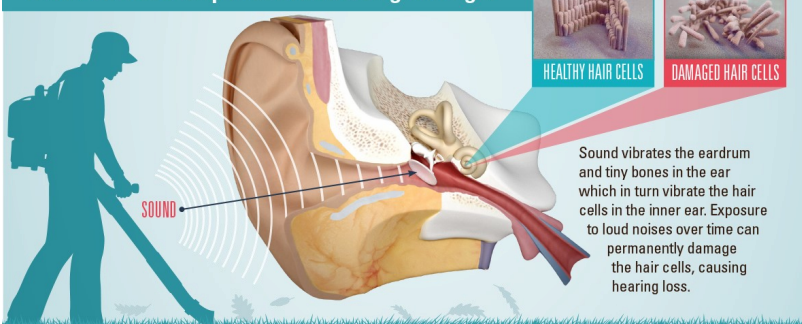


NIH National Institute on Deafness and Other Communication Disorders

### How hearing loss occurs.



### How noise causes permanent hearing damage.



### Hearing trouble muffles other people's speech.

What was said:

"I asked Skip if he felt sick."



What was heard:

"I a \_ \_ i \_  
\_ e \_ el \_ i \_."

National Protect Your Hearing Month is meant to give employers and employees more information about preventative measures that can be taken in order to protect one's hearing. Some of these include:

- Lead a safety meeting related to workplace noise reduction or hearing protection.
- Host a workshop to demonstrate the correct way for employees to wear/insert their hearing protection devices.
- Schedule a short video training session on Hearing Conservation and Safety.
- Conduct a safety audit or workplace inspection to re-evaluate noise hazards.
- Ensure all employees who are required to wear hearing protection devices have access to the equipment they need.
- Post signs or posters reminding workers to wear their personal protective equipment.

For more information visit:

[NIOSH Noise & Hearing Loss](#)



# Safety/Fire Focus

## When the Fire Alarm Sounds—Evacuate!

While on campus, we have all heard fire alarms sound whether it's during a fire drill, system tests, or even an actual emergency. The sound is unmistakable, loud, and oftentimes annoying. This is by design to get your attention and make you aware that there is potentially a problem somewhere in the building. According to the National Fire Protection Association, the U.S. Fire Departments respond to over 3,000 office property fires each year.



There are a few things to remember when you hear an alarm sound. These are more than just guidelines and if not followed can put responders, other staff members, and yourself at risk:

- Never ignore or assume the alarm is false.
- Everyone must evacuate the building by way of the safest and closest exit and/or stairway.
- Never use an elevator to exit the building during an alarm
- Once outside, move away from the building to designated safe areas.
- Do not re-enter the building, even if the alarm has stopped, until emergency response personnel says it's safe to enter.
- Never re-enter the building to save personal belongings.

Individuals with a disability or temporary injury/illness can go to the nearest [Area of Refuge](#). An Area of Refuge serves as a temporary designated safe area from the effects of a fire or other emergencies when evacuation may not be safe or possible. Once in the Area of Refuge, utilize the phone and inform UNC Police Communication of the specific location. UNC Police will inform first responders of the individual's location and status. For additional planning and preparation, refer to the [Emergency Evacuation Guidelines for Individuals with Disabilities](#).

If you see smoke, use the following guidelines:

- Use an alternative escape route.
- Test doors with the back of your hand before opening them. If the door is warm or if you notice smoke, use an alternative escape route. Check paths for safety before proceeding and close doors behind you.
- Crawl low if you have to go through smoke.
- Go to a safe area or a pre-assigned exterior area for your building.
- If you suspect that someone is missing or trapped, contact emergency personnel outside the building.
- If you are trapped during a fire emergency, close all doors between you and the fire. Stuff cracks around the doors to keep out smoke. Wait at a safe window and signal/call for help. If there is a phone in the room, call 911 and tell them your exact location.
- Stop, Drop, and Roll if your clothing catches fire.

Recently, UNC conducted fire drills in all campus buildings. As part of the university's safety programs, the International Fire Code (IFC) requires the university to conduct an annual fire drill and evacuation exercise on campus. [Environmental Health and Safety, Facilities Management](#), and the [Greeley Fire Department](#) conducted these drills at the beginning of the fall semester. The purpose of these drills is to ensure that building occupants are prepared for an emergency evacuation, to provide a test of each building's emergency response plan and fire alarm system.

For additional information regarding emergency preparedness or evacuation guidelines in a facility, please contact the specific [Building Coordinator](#).



# EnviroHealth

## Pet Waste Proper Disposal Methods & Stormwater Pollution Prevention

Did you know that a single dog can create 0.75 pounds of waste in a day? That's a lot of waste! Pet waste is a large source of stormwater pollution. When precipitation falls and comes in contact with pet waste left on the ground, harmful bacteria, parasites, and nutrients are then transported through the stormwater into the downstream surface water body. Bacteria and parasites can be harmful to humans which can cause serious illnesses. Nutrients in our waterways can cause harmful algae growth and can then negatively impact aquatic life within those surface water bodies.



The best way to prevent this pollution source is to pick up after your pet immediately. Always be sure to carry pet waste bags with you while hiking, at the park, at home, and around your neighborhood. Make sure to dispose of the picked-up pet waste in a trash can to ensure it's not left alongside a trail or sidewalk.

UNC provides pet waste bag dispensers throughout campus. Please utilize these stations to dispose of pet waste.

Be a responsible dog owner today and every day and help protect our local water quality one scoop at a time. Picking up pet waste immediately not only protects stormwater quality but it also protects humans and other pets who use these outdoor spaces. Do your part today and pick up your pet waste to protect water quality and those around you.

If you need your very own City of Greeley Stormwater pet waste bag dispenser, please email Lauren Hillmer at [Lauren.Hillmer@greeleygov.com](mailto:Lauren.Hillmer@greeleygov.com). If you have any further questions on pet waste and its impacts to our surface waters, please visit [Greeley Stormwater](#)

## Time Change Fall 2024

On November 3, 2024, 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 daylight 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.



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](#).



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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.