Safety Newsletters (2019)

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Winter is the season for colds and flu. Being on campus, students and staff are in constant proximity to one another. Here are some ways to minimize the risk of catching colds and the Influenza (Flu) virus.

Wash your hands
It could be as simple as touching a doorknob. Germs can be transmitted by physical contact and enter the body when infected hands touch vulnerable parts like our eyes, mouths and noses. These areas offer easy access to invading germs. Washing hands often can significantly reduce the chances of catching a virus, especially the rotavirus, which tends to infect children and causes vomiting and diarrhea.

Zinc and Garlic
The mineral zinc helps fight colds and provides a boost to the immune system. Good food sources include meat, oysters, eggs, seafood, tofu, black-eyed peas. Zinc and Vitamin C make a great cold-busting combo. Garlic helps ease chest complaints, and small amounts taken daily may also reduce the frequency of colds and flu.

Drink Plenty of Water
Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function and flushes out toxins that accumulate in our bodies. If you have a cold, being dehydrated makes your mucus drier and thicker and less able to cope against invading bacteria and viruses. If already infected with a cold, drinking plenty of fluids will help flush out the infection.
Ways to fight the Flu

1) Take time to get a flu vaccine.
Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.

2) Take everyday actions to stop the spread of germs.
Wash your hands often with soap and water or use an alcohol-based hand rub. Avoid spreading germs by touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3) Take flu antiviral drugs if your doctor prescribes them.
Antiviral drugs can make illnesses milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
With a cold, you don’t need to go to the doctor; however, if you’re having trouble breathing, cannot get your fever to go down or are showing signs of dehydration such as dizziness, weakness, confusion and fainting, you just might have the Flu and should visit the doctor.

**COLD VS FLU**

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low or none</td>
<td>FEVER</td>
<td>High</td>
</tr>
<tr>
<td>Sometimes</td>
<td>HEADACHE</td>
<td>Very common</td>
</tr>
<tr>
<td>Stuffy, runny</td>
<td>NOSE</td>
<td>Stuffy, runny</td>
</tr>
<tr>
<td>Very common</td>
<td>SNEEZING</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Mild, hacking</td>
<td>COUGH</td>
<td>Severe</td>
</tr>
<tr>
<td>Slight</td>
<td>ACHES/PAINS</td>
<td>Severe</td>
</tr>
<tr>
<td>Mild</td>
<td>FATIGUE</td>
<td>Can last for several weeks</td>
</tr>
<tr>
<td>Sore</td>
<td>THROAT</td>
<td>Sometimes sore</td>
</tr>
<tr>
<td>Normal, may feel sluggish</td>
<td>ENERGY</td>
<td>Extreme exhaustion</td>
</tr>
<tr>
<td>Symptoms can last 7-10 days</td>
<td>DURATION</td>
<td>Symptoms can last several weeks</td>
</tr>
</tbody>
</table>

**TREATMENT OPTIONS TO HELP RELIEVE COLD SYMPTOMS**

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

**IF YOU HAVE A FEVER OF 101° OR HIGHER FOR MORE THAN 24 HOURS, SEEK TREATMENT.**

**PREVENTION**

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination

http://shine365.marshfieldclinic.org/wellness/cold-flu/
Trending Topics

SAFETY SPOTLIGHT SURVEY
We appreciate your feedback!
Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.
https://www.surveymonkey.com/r/PYLLHN8

Every year, college students travel U.S. and international hotspots for Spring Break. You deserve a break, but before you go, prepare yourself with knowledge so you make good memories and not bad ones!

10 SAFETY TIPS For A Spring Break Road Trip

#1 RESEARCH BEFORE YOU GO.
No matter the destination, travel is SO much easier when there’s a plan. Make sure you map out your travel routes & activities to avoid wasting time getting lost & stressing out.

#2 TAKE TURNS.
When you’re going on a road trip, take turns behind the wheel & make sure someone is sitting in the passenger seat. They can help keep you awake, aware, keep an eye out for traffic, and help with directions.

#3 BRING SNACKS.
Pack lots of snacks that are easy to eat, keep energy levels high & don’t need to be refrigerated. You won’t regret it.

#4 TRAVEL LIGHTLY.
Remember, there’s limited space in a car, and you are going to be sitting in the car for a while. Try your best not to overpack.

#5 MAKE SURE YOU HAVE A SPARE TIRE.
Before you leave for your road trip, double-check to make sure your trunk is equipped with your ‘donut’ tire. It may be beneficial to watch some online tutorials on how to change a tire.

#6 CREATE A PLAYLIST.
Make sure you’ve updated your phone with upbeat music. Mellow music will make you tired on your road trip and tired drivers are just as dangerous as drunk drivers. Don’t forget your car charger!

#7 AVOID ALCOHOL.
If you know you’re going to be driving, don’t drink. Drinking & driving is extremely dangerous and increases your risk of getting into an accident.

#8 ABIDE THE TRAFFIC LAWS.
Make sure you’re driving at a reasonable speed on your road trip route. A $600 speeding ticket will definitely put a damper on your spring break.

#9 DETERMINE MILEAGE.
Fuel is a major expense on road trips. Use a RTA Fuel Cost Calculator to see how much money & gas you will need for the whole trip.

#10 ROADSIDE ASSISTANCE.
Find out before you depart for your road trip if your auto insurance covers roadside assistance. If not, consider purchasing AAA.

https://www.livescience.com/3910-rip-currents-ocean-deadliest-trick.html

Every year, more than 100 beachgoers on average drown due to these strong river-like channels of water that pull swimmers away from the shore, according to the U.S. Lifesaving Association (USLA).
Nearly half of all rescues made by lifeguards at ocean beaches are related to rip currents.

https://www.nutleykia.net/blogs/930/driving-tips/10-safety-tips-for-a-spring-break-road-trip/
Tips for a Safe and Fun Spring Break

If you are traveling to a nice, sunny, fun place for spring break, here a few tips that someone should think about while you are relaxing and enjoying the sun.

**Wear Sun Screen**
- Tanning lotion is not sunscreen! It will not protect your skin from the harmful UV rays as well as sunscreen can.
- The most recommend SPF's to use are SPF15 or SPF30 when in the sun.
DO NOT FORGET TO REAPPLY!!

**Drink Water**
- Even though you may be drinking liquids, water will keep you hydrated and allow you to keep staying active and having fun.
- Caffeinated/alcoholic drinks dehydrate the body rather than hydrating it.

**Eat Healthy and Smart**
- Eating good food at the right times throughout the day will help your body have the energy it needs to keep up with all the fun activities that you may have planned.
- This may include starting out the day with a breakfast, then a lunch a few hours after for more energy, and ending the day with a well rounded dinner for night festivities.
- Packing snacks for your day of adventure is a smart choice as well, just incase you do not have time for lunch.

Smart Money Handling while Vacationing

While on a fun vacation it is smart to keep track of your money. With debit and credit cards being used more and more in todays world, thieves are becoming smarter with being able to get the information for your money. Here are some helpful pointers to avoid losing money.

**Use your Front Pockets, Hidden Pockets or a Money Belt**
- Avoid using back pockets for money. Back pockets are easier for pit pockets to access, front pockets are deeper and less accessable for those who are not the wearer.

**Check for Card Skimmers**
- A card skimmer is a device that scans credit and debt cards for thieves
- Skimmers easily fit over ATM and gas pump scanners.
- To check the scanner just pull on the card reader, if the piece comes off you should alert someone immidiatly.
How To Help A Friend Who Had Too Much To Drink

- Call 9-1-1 immediately.
- Keep the person still to prevent them from falling or fainting.
- Don’t walk them or give them a cold shower to sober them up. The best remedy is time.
- Don’t give them food, drinks, or other drugs.
- Don’t laugh, ridicule, argue, or provoke.
- If the person is vomiting, stay with them. Keep the person from lying down. If they are already lying down, turn their head to one side to avoid choking.
- If unconscious, try to wake them up. If you notice that their breathing is shallow or irregular, or if skin color is washed out, get immediate medical attention.

https://www.zone-streaming.org/films/22-jump-street/  
https://www.slideshare.net/UNHHealth/spring-break-tips
SAFETY SPOTLIGHT SURVEY
We appreciate your feedback! Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.
https://www.surveymonkey.com/r/PYLLHN8

Have an Outlet
You need a break most when you believe you don’t have time to take a break. Find a new hobby, play sports, paint, draw, garden – do something that gives you an outlet from the tension of everyday life.

Build a Support System
Having a strong support system is vital to weathering stressful times and living a joyful life. Surround yourself with family and/or friends who lift you up, encourage you, listen without judgment, and provide sound perspective.

Make a Plan
Get organized, make a plan, and stick to it. Prioritize your obligations each week and then schedule time for each-time for studying, working, family and friends, and yourself.


With the end of the semester approaching, it can be easy to become overwhelmed with deadlines. Whether it’s final exams or projects, here are some helpful tips to manage stress safely and effectively.

Eat Well
Did you know that an unhealthy diet can increase your stress levels? When you eat healthy, you equip your body with the nutrition it needs to fight stress. Avoid high-fat, high-sugar foods and go easy on the caffeine.

Exercise
This is one of the best things you can do to reduce stress. Exercise produces endorphins, the feel-good chemicals that act as natural painkillers, and it also improves sleep, which in turn reduces stress. Try walking, jogging, or yoga.

The top 3 mental health concerns facing college students are:

Anxiety
Depression
Stress
6 Ways to Reduce Stress
by @inner_drive | www.innerdrive.co.uk

1. Remove uncertainty
   How is this similar to what you have done before?

2. Be proactive
   What can you do to improve the situation?

3. Reframing
   View the task as an opportunity not a threat.

4. Best case scenario
   Focus on what you stand to gain, not what you stand to lose.

5. Get a good night’s sleep
   It’s the way the brain works, everything seems worse when you are really tired.

6. Talk to someone
   Don't struggle in silence.
Start a Journal

You may already know that journaling helps you process life's problems and deal with everyday stress, but did you know it may also strengthen immune cells and decrease the symptoms of asthma and arthritis? Give it a shot!

If Stress Gets Too High

Everybody needs help from time to time. If you're experiencing depression or anxiety, if you're unable to sleep or enjoy life, or if you're turning to alcohol or drugs to cope with stress, it's time to ask for help. Reach out to:

- Your student advisor or a resident assistant
- UWW Counseling Services 472-1305
- UWW Health Services 472-1300
- UWW Residence life 472-5275
- UWW CARE Team (Dean of Student life) 472-1533
- UWW Police (24 hours) 472-4660
- UWW Sexual Assault Response Team (24 hours) 472-1060
- Whitewater Police (24 hours) 473-0555
- Walworth County Crisis Hotline (24 hours) 1-800-365-1587
- Aurora Lakeland emergency Department (24 hours) 262-741-2000
- Fort Atkinson emergency Department (24 hours) 920-568-5330
- Your doctor or therapist
- National Suicide Prevention Lifeline 1-800-273-8255
- The Substance Abuse and Mental Health Services Administration Helpline 1-800-662-HELP

SUMMER SAFETY

By: UW-Whitewater Safety Academy

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you’re hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to Injury Facts 2017, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers
1- It’s important to stay hydrated. According to the Center for Disease Control and Prevention, water helps your body keep your temperature normal, lubricates and cushions your joints, protects your spinal cord, and help process the removal of wastes from the body. Replacing the salt and minerals in your body is key too - heavy sweating removes salt and minerals from the body that need to be replaced. 

2- Close your blinds, windows, and curtains. Sunlight can heat up your home, causing your air conditioner to work harder to keep you cool. This way, you’ll stay cool and save money! According to the U.S Department of Energy, closing curtains and blinds can reduce the amount of heat that passes into your home by as much as 45 percent.

3- Stay indoors. Simple as that. A couple of hours in an air conditioned space can help regulate your temperature. If you don’t have air conditioning, fans can help keep you cool as well.

4- Pace yourself during exercise. Exerting a lot of energy during the heat can be dangerous. The CDC recommends stopping of all activity if your heart is pounding, you’re gasping for breath, or if you find yourself lightheaded, confused, faint, or weak.

5- Eat light. Heavier foods or meals take more energy to digest, which can raise your temperature and use energy that could go towards keeping you cool. Plus heavier foods can make you feel slow and sluggish on hot days. The CDC says to opt for fruits, vegetables or broth soups, like celery, tomatoes and melon, which have more water and can help keep you hydrated.

6- Cool water can help as well. Take a cool shower or bath to help keep your body temperature lower. Swimming can help as well (while getting in your exercise for the day).
Hundreds of people die each year in the United States due to heat waves, hurricanes, lightning, flash floods, powerful thunderstorm winds, and winter storms or winter cold. Additionally, thousands of people are injured by these weather events each year.

Will it happen to you?

If you are aware of what weather event is about to impact your area, you are more likely to survive such an event. To stay on top of the weather, utilize NOAA Weather Radio All Hazards receiver units that can be purchased at most electronic stores. Make sure the model you purchase has a battery-backup. The programmable types allow you to selectively screen out those county warnings you are not interested in. Most homes have a smoke detector; shouldn’t your home also have a weather radio?

You should also obtain the latest weather information from commercial TV/radio, cable TV, the internet/web, and newspapers. It’s your responsibility! The Milwaukee/Sullivan National Weather Service office (WFO MKX) that services south-central and southeast Wisconsin has a web site at: http://www.weather.gov/mkx …it is loaded with information and links!

What You Can do Before Severe Weather Strikes

1. Develop a disaster plan for you and your family at home, work, school, and when outdoors. The American Red Cross offers planning tips and information on a putting together a disaster supplies kit at: http://www.redcross.org

2. Identify a safe place to take shelter. Information on how to build a Safe Room in your home or school is available from the Federal Emergency Management Agency at: http://www.fema.gov/hazard/tornado/to_saferoom.shtm

3. Know the county/parish in which you live or visit – and in what part of that county you are located. The National Weather Service issues severe weather warnings on a county/parish basis, or for a portion of a county/parish.

4. Keep a highway map nearby to follow storm movement from weather bulletins.

5. Have a NOAA Weather Radio All Hazards receiver unit with a warning alarm tone and battery back-up to receive warning bulletins.

6. National Weather Service (NWS) watches and warnings are also available on the Internet. Select your local NWS office at: http://www.weather.gov/organization.php or go to the to the NWS Home Page at http://www.nws.noaa.gov

7. Listen to commercial radio or television/cable TV for weather information.

8. Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.

9. If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled. Don’t forget about pets and farm animals.

Although it is rare, people have been killed by large hail stones after sustaining head injuries. Additionally, several people are injured by large hail stones each year in the U.S. Some thunderstorms can produce large hail stones that can reach the size of baseballs, softballs, or even as big as computer compact discs or DVDs! These large hail stones can fall at speeds over 100 mph! – that’s why they are dangerous. The largest hail stone in Wisconsin was over 7 inches in diameter!

https://www.weather.gov/wrn/summer-safety
Even with all the safety resources a campus may provide, it is critical for you to exercise caution and practice smart safety habits. Many students quickly come to feel at home and safe on campus, and in fact, most college campuses are relatively safe places to be. However, falling into a false sense of invulnerability makes you a potential target.

Keep the following tips in mind to help make your campus experience safer. These tips work best when they are used in conjunction with each other.

- Lock your doors and valuables
- Use the buddy system
- Travel safely on campus
- Use the emergency "blue lights"
- Carry your cell phone
- Make smart decisions.

https://www.stepp-program.org/family-modules/developing-and-maintaining-healthy-routines/campus-safety

IN THE DORM

- Close your blinds or curtains after dark, and never dress in front of a window.
- Keep a record of serial numbers of computers, printers, televisions, stereos, and other valuable possessions.
- Never sleep in an unlocked room.
- Don’t leave important documents such as bank statements, credit card bills, or other personal information out and unattended.
- Program your phone’s speed dial to include the campus police. (262) 472-4660

For further assistance, please reach out to:
- UWW Counseling Services (262) 472-1305
- UWW Health Services (262) 472-1300
- UWW Residence Life (262) 472-5275
- UWW CARE Team (262) 472-1533
- UWW Sexual Assault Response Team 472-1060

AT PARTIES

- Follow the one beer, one glass of water rule. If you’re embarrassed about drinking water, fill your beer bottle with water—no one will know the difference.
- Never take drinks from other people and don’t leave your drink unattended.
- Make sure you have verbal and sober consent from anyone before engaging in sexual activity.
- Always pick a designated dryer when going to a party.
Cars don’t expect to see moving traffic on a sidewalk and don’t look for you when backing out of a driveway or turning. Sidewalks sometimes end unexpectedly, forcing the bicyclist into a road when a car isn’t expecting to look for a bicyclist. If you must ride on the sidewalk remember to:
- Check the laws to make sure sidewalk riding is legal
- Watch for pedestrians
- Pass pedestrians with care by first announcing “on your left” or “passing on your left” or use a bell;
- Ride in the same direction as traffic. This way, if the sidewalk ends, you are already riding with the flow of traffic. If crossing a street, motorists will look left, right, left for traffic. When you are to the driver’s left, the driver is more likely to see you;
- Slow and look for traffic (left-right-left and behind) when crossing a street from a sidewalk; be prepared to stop and follow the pedestrian signals; and
- Slow down and look for cars backing out of driveways or turning.


It's Flu Season! Influenza ("flu") season can cause mild to severe illness, and at times can lead to death. To ensure the safety and health of students and faculty, we encourage you to know the signs and symptoms of the flu and the steps needed to reduce the spread of illness.
When is the flu season in the United States?
In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces FluView, a weekly surveillance report, and FluView Interactive, which allows for more in-depth exploration of influenza surveillance data. The Weekly U.S. Influenza Summary Update is updated each week from October through May.

If you get the flu, antiviral drugs can be used to treat flu illness.
Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

Learn more: https://www.cdc.gov/flu/consumer/treatment.htm
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

1. Natural
2. Kosher
3. Free-range
4. Organic
5. Fresh
6. Frozen

For more information about each type of turkey, visit fsis.usda.gov.

3 Ways to Thaw

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- **Refrigerator:**
  - Safe to store the turkey for another 1–2 days in the refrigerator.
  - This is the USDA recommended thawing method.
  - **How to thaw:** Allow approximately 24 hrs. for every 4-5 lbs of bird.

- **Cold water:**
  - Cook immediately after thawing.
  - **How to thaw:** Submerge the bird in cold water & change every 30 mins.

- **Microwave:**
  - Cook immediately after thawing.
  - **How to thaw:** Use defrost function based on weight.

For more information on safe thawing methods, visit fsis.usda.gov.

Clean

- Wash your hands for 20 seconds with soap and warm water.
- Utensils, plates, countertops, cutting boards should also be washed.
- Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird.
- Cooking is the only way to destroy this potentially dangerous bacteria.

**So don’t wash your turkey!!**

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Separate raw meat with soap and warm water.

Cook

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

1. Thickest part of breast
2. Innermost part of wing
3. Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

For more information:
Visit foodsafety.gov

Chill

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Safe in fridge: 3-4 days
- Safe frozen, but use within 2-6 months for best quality

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Remember, bacteria that cause foodborne illnesses can’t be smelled or tasted!

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Last day Thanksgiving leftovers are safe from the fridge.