Respiratory Disease Precautions

A few simple measures will significantly reduce your risk of catching respiratory diseases:

1. Frequently and thoroughly wash your hands with soap and warm water, and then thoroughly dry with a paper towel or warm air dryer. Thorough washing should take at least 30 seconds, and include washing both sides of your hands, between the fingers and around the fingernails. Viruses are particles and will wash away just like dirt. They also need moist surfaces to survive, so the drying is important. Because viruses enter the body at mucous membranes, hand washing before eating, touching your face, eyes, or nose is particularly important.

2. Avoid close contact with people who are sneezing or coughing. Sneeze droplets will easily travel 5' in air at 100 mph.

3. Frequently clean items that are regularly touched, such as doorknobs and telephones. Frequently touched surfaces in public areas at UCAR facilities are sanitized each evening by the custodial staff. Employees are responsible for the cleanliness of individual workspaces.

4. Get an annual flu shot.

A few simple measures will significantly reduce your chance of spreading these viruses if you are ill, or becoming ill:

1. Stay at home, or promptly go home if you have a fever. Fever is defined as a core body temperature of 100.4 degrees F or 38 degrees C.

2. Practice droplet etiquette – catch your sneezes and coughs in a tissue (then throw it away and wash your hands) or in the crook of your elbow. Avoid coughing or sneezing into your bare hands as they will touch lots of surfaces before you can wash them.

Additional information on H1N1 may be found at the following website:

Centers for Disease Control H1N1 Flu:  www.cdc.gov/h1n1flu/
Government Pandemic Flu:  www.pandemicflu.gov/
Colorado Department of Public Health & Environment:  www.cdphe.state.co.us/epr/H1N1.html
Boulder County:  www.bouldercounty.org/health/
SaSS Influenza Alerts:  www.fin.ucar.edu/sass/travel/flualerts.html

Safety Committee:
ACD/ESSL Denise Montzka x1868
CISL/MAGe Joan Fisher x1207
F&A Matt Pinter x2522
MM/MCOMET Charlie Knight x8940
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UCP/FL4 Tim Gendron x2659
DIR/Library/ASP Cindy Worster x1101
HAO/ESSL Don Kolinski x1548
PPS Dave Maddy x1134
SaSS Elizabeth Kriete x8556
EOL/TIMES Brad Lindseth x8742
E&O Karen Smith-Herman x2590
HR Cyd Perrone x8710
RAL Inger Gallo x8403
SaSS Bob Wiley x8554
CGD/ESSL Adam Phillips x1726
F&A Kelly Box x8558
RAF/EOL Bob Olson x1071
SaSS Steve Sadler x8550
SaSS Anna Vasilyeva x2409

Links and Emergency Numbers:
Safety and Security Hotline x1100
Security x1139
Track emergencies online @  https://wiki.ucar.edu/display/incident/Home
Emergency x911
Emergency @ RAF x9911

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