With winter approaching, consider keeping your vehicle stocked with the following simple emergency items.

- Snacks
- Water
- Flares or orange safety cones
- Flashlight
- Tow rope
- Blanket and/or extra clothes
- Candle with matches
- A small shovel
- Long jumper cable
- Windshield scraping device
- Bag of sand or cat litter for traction
- C. B. radio, cellular phone or ham radio

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. Sneezed 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.

Safety Committee:
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RAF/EOL Bob Olson x1071
RAL Diane Simmons x2136
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EOL/TIMES Brad Lindseth x8742
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F&A Matt Pinter x2522
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SaSS Steve Sadler x8550
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CGD/NESSL Adam Phillips x1726
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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 x991

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