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.

Upcoming Flu Vaccination Clinics:

ML Clinic: Th, October 27, 2011, 9:00-11:30 a.m., ML-Damon
CG Clinic: W, November 2, 2011, 9:00-11:30 a.m., CG1-2503
FL Clinic: Th, November 10, 2011, 9:00-11:30 a.m., FL2-1003
ML Clinic: M, November 14, 2011, 11:00-1:00 p.m., ML-Chapman
RAF Clinic: Th, November 17, 2011, 10:00-11:30 a.m., RAF (Jeffco)
NWSC Clinic: W, November 30, 2011, 10:00-11:00 a.m., Cheyenne Data Center

To receive a voucher, contact Cheryl Cristanelli
cherylc@ucar.edu

UCAR Wellness Website
www.fin.ucar.edu/wellness/fluvaccine.html

Upcoming Safety Classes:
10-25-2011
Hazard Communication 9:00am - 10:30am ML Chapman
Confined Space 10:30am - 11:30am ML Chapman
Hot Operations 11:30am - 12:30pm ML Chapman
Lockout/Tagout 1:30pm - 2:30pm ML Chapman

11-8-2011
Safety Training for Supervisors of Lab/Shop/Maintenance Employees
10:00am - 12:00pm ML Chapman

12-1-2011
Workplace Harassment Awareness
10:00am - 12:00pm FL2 1001

12-8-2011
CPR Certification (MERT/Field Campaign Staff Only)
10:00am - 5:00pm FL2 1002

Register @:
HR website: www.fin.ucar.edu/hrisConnect/employee
or by calling Betty Singleton x2005.

Safety Committee:
ACD/NESL Peter Harley x1863
CISL/IMAGE Joan Fisher x1207
COMET Hildy Kane x8306
HR Cyd Perrone x8710
RAL Inger Barron x8403
SaSS Elizabeth Kriete x8556
UCP/FLA Tim Gendron x2659
DIR/Library/ASP Cindy Worster x1101
F&A Kelly Box x8558
RAF/EOL Randy Klotz x1072
RAL Diane Simmons x2136
SaSS Bob Wiley x8554
EOL/TIMES Sandra Thurn x2069
E&O Natalie Culkin x2585
F&A Matt Pinter x2522
MMM Charlie Knight x8940
SaSS Steve Sadler x8550
SaSS Anna Vasilyeva x2409
CGD/NESL Adam Phillips x1726
SOARS Karen Smith Herman x2590
HAO/NESL Don Kolinski x1584
FM&S Dave Maddy x1134
SaSS Milenda Powers x8625
Security x1139

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

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or rwiley@ucar.edu