Stay Healthy: 4 simple ways to avoid getting sick

A few simple measures will significantly reduce your risk of catching cold and flu viruses:

1. **Wash your hands.** Thorough washing should take at least 30 seconds. Viruses wash away just like dirt. They also need moist surfaces to survive, so drying is important. If soap and water are unavailable, use an alcohol-based hand sanitizer. Viruses enter the body through mucous membranes; hand washing before eating, touching your face, eyes, or nose is particularly important.

2. **Avoid sick people.** Avoid close contact with people who are sneezing or coughing. Droplets will easily travel five feet in air at 100 mph.

3. **Keep things clean.** Clean items that you touch a lot, such as doorknobs and telephones. Frequently touched surfaces in public areas at UCAR facilities are sanitized regularly by the custodial staff. You are responsible for the cleanliness of your individual workspaces.

4. **Get your flu shot.** Get an annual flu vaccination at one of the upcoming Flu Vaccination Clinics.

If you feel ill:

- **Don’t go out.** 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 or higher. Follow up with your healthcare provider.

- **Practice droplet etiquette.** Catch your sneezes and coughs in a tissue (then throw it away and wash your hands thoroughly) or in the crook of your elbow. Avoid coughing or sneezing into your bare hands.
Prepare for Winter Weather
Pack your car for emergencies

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

- Snacks and water
- Flares/safety cones
- Flashlight
- Tow rope
- Blanket and/or extra clothes
- Snow boots, gloves, and hat
- Candle with matches
- A small shovel
- Long jumper cables
- Ice Scraper*
- Bag of sand or cat litter for traction

*If you need an ice scraper, a limited supply is available at each front desk.

Autumn Wildlife Around UCAR Property

This time of year we may begin to see bears scrounging for extra calories in advance of hibernation, foxes and coyotes searching for food, and snakes hunting rodents or just sunning on the rocks. **Always maintain a safe distance from all wildlife. If you see wildlife near or in our buildings, wildlife behaving unusually or aggressively, or have other concerns about wildlife, please contact Security at x1139.** Security, Maintenance staff, Boulder Animal Control, and Mountain Parks and Open Space Rangers work together to manage wildlife issues.

On rare occasions, snakes have been known to enter the building from the basement levels in search of rodents. Wasps and bats can be more active and sometimes aggressive in the autumn months. Wasp nests in or on UCAR property should be reported to Security x1139 or Maintenance x1120. Bats found inside any UCAR facility should be reported to Security x1139 or Maintenance x1120. Do not disturb or touch any bats.

These wildlife species are sharing their habitat with us. Let’s avoid causing trouble for them by remaining observant, watching from a distance, keeping trash secured, and reporting unusual behavior.

For more information, please visit our website:
www2.fin.ucar.edu/fms/articles/2014/09/urban-wildlife-ucar-campuses