



THE EHS CONNECTION

FEBRUARY 2018

THE BASICS OF HEART DISEASE

You can take steps today to lower your risk of heart disease and heart attack. Heart disease is the leading cause of death for both men and women in the United States. To help prevent heart disease, you can:

- Eat healthy and get active
- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Take steps to prevent type 2 diabetes
- Manage stress

Am I at risk for heart disease?

- You are at higher risk for heart disease if:
- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

As you get older, your risk of heart disease and heart attacks increases. But the good news is that heart disease can be prevented.

What is heart disease?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material called plaque build up inside the arteries.

Plaque is caused by:

- Fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood-usually because of diabetes

When plaque blocks an artery blocks on artery it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

What is a heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly.

Common signs of a heart attack include:

- Chest pain (or a feeling like pressure, squeezing, or fullness)
- Pain or discomfort in the upper body-like the arms, back, neck, jaw, or stomach above the belly button
- Trouble breathing (while resting or being active)
- Feeling sick to your stomach or throwing up
- Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat

Not everyone who has a heart attack will have all the signs.

DON'T IGNORE CHANGES IN HOW YOU FEEL!

Signs of a heart attack often come on suddenly. But sometimes they develop slowly-hours, days, or even weeks before a heart attack happens.

Talk to your doctor if you feel tired for several days, or if other health problems (like pain or trouble breathing) bother you more than usual.

Call 911 right away if you or someone else might be having a heart attack.

Don't ignore any signs or feel embarrassed to call for help. Acting fast can save a life. Call 911 even if you are not sure it's a heart attack. An ambulance is the best and safest way to get to the hospital. In an ambulance, EMTs (emergency medical technicians) can check how you are doing and start life-saving medications and other treatment right away.

REMINDER:

OFPC INSPECTION COMING THIS MONTH!!!

Spencer Slayton from the Office of Fire Prevention and Control (OFPC) will begin conducting SUNY Oswego's Annual Campus Inspection on February 26th. Every structure on campus will be inspected to identify fire safety issues such as excessive clutter and improper use of extension cords. Please have your office area/work area/student room maintained in a fire safe condition and clear of debris.

PRE-INSPECTION WALK THROUGH TIPS

- Remove all Extension Cords and replace them with Power Strips with Over Current Protection Breakers.
- Extension Cords not being used shall be disconnected from the outlet and properly coiled up. No Power Strips can be plugged into another Power Strip or Extension Cord. Device used must be plugged directly into an outlet.
- Repair/Replace Frayed Electric Cords and have any Junction Boxes or Electrical Covers replaced so that connections and wires are not exposed.
- Have any Junction Boxes or Electrical Covers replaced so that connections and wires are not exposed.
- Labeled Fire Doors cannot be propped open. Remove any prop open devices.
- Properly secure any Gas Cylinders to prevent them from falling over by using Chain and/or Straps to a fixed point.
- Combustible Storage cannot be within 18 inches in rooms that are protected by Sprinklers and 24 inches without sprinklers.
- Check Flame Retardant requirements for Curtains/Drapes in Assembly Spaces of 50 or more people and Lab Spaces.
- Ensure that all Hallways and Stairwells are free of obstructions-especially Combustible Material Storage.
- Ensure that all Exit Signs are Illuminated and in Good Condition.
- Ensure that All Ceiling Tiles are in place and not broken.
- Ensure that all Fire and Life Safety equipment is accessible and not obstructed.
- Maintain Unobstructed Exits and Egress.

Annual OFPC Fire Inspection Top 10 Cited Violations

- Improper Use of Extension Cords
- Swinging Fire Doors Do Not Close & Latch
- Obstructed Means of Egress Including Snow & Ice
- Excessive & Unsafe Accumulation of Combustible Storage
- General Electrical Hazards-Frayed Cords, Damaged Outlets, Etc.
- Extinguishers Improperly Installed and Maintained
- Propped Open Fire Doors
- Fire Resistance Rating Not Maintained
- Excess Combustible Storage in Mechanical Rooms
- Illegal Power Taps to Outlets, Electrical

The New York State Office of Fire Prevention and Control (OFPC) was originally established shortly after World War II as the Division of Safety in the state Office for Local Government.

In 2010 the Office of Fire Prevention and Control was merged into the newly created Division of Homeland Security and Emergency Services (DHSES). This merger brought together several state offices which all provide public protection services; collectively under one agency these offices together produce synergy resulting in effective and efficient collaboration and coordination benefiting emergency services, citizens and businesses throughout New York State. OFPC's main goal is the effective and efficient delivery of essential fire and life safety protection to all New Yorkers.

Among its many other tasks, OFPC inspects over 25,000 buildings-including every building on the SUNY Oswego Campus-annually.

If you have ANY questions or concerns about the upcoming OFPC inspection please feel free to contact SUNY Oswego Fire Marshal Ken Ayhens at x3156 or kenneth.ayhens@oswego.edu

FLU BASICS

Influenza is a contagious respiratory illness caused by a virus. It attacks the respiratory tract (nose, throat, and lungs) in humans.

Every year in the United States, 5 to 20 percent of the population will get the flu. Of those, more than 200,000 people will be hospitalized from flu complications and about 36,000 will die.

Anyone can become infected, but the elderly, people with weakened immune systems and people with chronic health conditions are more likely to become seriously ill or die from the flu or its complications. The most common complication is pneumonia.

The information below describes the common flu signs and symptoms, how it is spread and who is most at risk.

Spread of the Flu

Flu viruses spread in respiratory droplets when infected people cough and sneeze. The virus becomes airborne and can be inhaled by anyone nearby. It can also spread when a person touches an object that has been contaminated with droplets and then touches their own mouth or nose before washing their hands.

Studies show that most healthy adults may be able to infect others one day before becoming sick and up to five days after they first develop symptoms. Some young children and people with weakened immune systems may be contagious for longer than a week. That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

Symptoms of the Flu

Symptoms of influenza resemble those of a cold, but come on quickly and are more pronounced. A person with the flu may experience fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. Children can sometimes suffer from nausea and vomiting, but these symptoms are uncommon in adults.

Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by other viruses, bacteria, or possibly parasites and are rarely related to influenza.

Risks of the Flu

For the vast majority of people, the flu is a mild illness that lasts only a few days and does not require any serious treatment. Some people get much sicker and may even need to be hospitalized.

Those most at risk for serious illness include people over age 65, young children, pregnant women and anyone with serious long-term health problems. This includes people with asthma, heart disease, kidney disease, immune system problems, diabetes, and blood disorders.

Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

Severity of the Flu

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
 - when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness

HAND WASHING

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When Should You Wash Your Hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How Should You Wash Your Hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

What If I don't have soap and water available?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

Apply the product to the palm of one hand (read the label to learn the correct amount).

Rub your hands together.

Rub the product over all surfaces of your hands and fingers until your hands are dry.

STOP THE SPREAD OF GERMS THAT CAN MAKE YOU AND OTHERS SICK!

To help stop the spread of germs:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

FEBRUARY WORD SEARCH

For a chance to win a cool prize, complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for January was Jolanda Alvarado. Look for: Heart Attack, Cholesterol, Blood Pressure, Secondhand Smoke, Risk, Coronary, Arteries, Fat, Smoking, Chest Pain, Dizzy, OFPC Inspection, Extension Cords, Combustibles, Exit Sign, Ceiling Tiles, Egress, Fire Door, Outlets, Influenza, Virus, Cough, Sneeze, Fever, Headache, Vaccine, Germs, Hand Washing, Soap, Water, Sanitizer, Stay Home, Alcohol.

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E	U	P	H	B	N	E	N	S	R	X	S	T	A	Y	H	O	M	E	P	A	Q



Calvin's Tip of the Month:

Pets burn extra energy by trying to stay warm in wintertime. **Feeding your pets a little bit more during the cold weather months** can provide much-needed calories, and making sure they have plenty of water to drink will help keep them well-hydrated and their skin less dry.

DUTCHISM FOR FEBRUARY

Listen

Driving waves cascading on the shore
 Swirling squall of snow abounds,
 Each committed to a powerful voice
 Echoing nature's melodic sounds.