Preparing for the seasonal flu and the H1N1 virus

As the Colgate University community prepares for potential impact of the H1N1 influenza the university's staff will play an important role in helping us stop the spread of the virus. You can assist us by taking care of yourself and observing common sense preventative measures.

We can all remain calm - There is no reason to excessively worry because people who have this infection appear to have mild to moderate cases, and typically recover within several days using over the counter medications and rest.

Know the signs and symptoms of the flu – Symptoms of the flu include fever or chills and cough or sore throat. In addition, symptoms of the flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. A fever is a temperature equal to or greater than 100 degrees Fahrenheit and should be checked with a thermometer.

Follow preventative measures – Practice social distancing, frequent hand washing, use antibacterial dispensers, and good respiratory etiquette.

- Employees are strongly encouraged to get both a seasonal influenza vaccine, and a 2009 H1N1 flu vaccine. Staff who have an underlying medical condition or who are pregnant should call their health care provider for advice.
- Careful attention to personal hygiene such as washing hands frequently with soap and water, and covering your mouth when coughing, can help prevent the spread of disease.
- Use alcohol-based sanitizers which can quickly kill viruses and bacteria, and are easy to carry in your briefcase or purse, for use before eating, after using the restroom, or after shaking multiple hands at a large gathering.
- Cover your mouth and nose with a tissue when coughing or sneezing to help protect those around you. Put your used tissue in the trash.
- Cover your cough or sneeze with your arm (not your hands) if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.
- Stay at home if you become ill, and contact your health care provider for advice.
- Employees who are living with someone who has the flu may still go about their normal work and school activities, as long as they are not symptomatic themselves. These employees should monitor their health every day, and take precautions cited above.
- Consider social distancing as a means to minimize the transmission of the flu. If the H1N1 virus affects the university, adjust your work habits, and as much as possible, use emails and conference calls instead of face-to-face meetings and gatherings.

Take care of yourself and stay at home when you are sick - Public health experts recommend that those with flu-like symptoms should not attend class, work, or social events. Stay home for at least 24 hours after your fever or any other symptoms are gone except to get medical care or for other necessities. (If you get seasonal or novel H1N1 flu and have underlying health problems, antiviral drugs may be prescribed by your health care provider.)

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Invasive plants
by Michelle Antzak

There are many invasive plants that have become established in New York State, two of which are the Giant Hogweed and Wild Parsnip. These plants pose a threat to the NY environment, and because of the chemicals that they contain within their foliage they pose a threat to humans as well. Both Giant Hogweed and Wild Parsnip belong to the carrot family and produce chemicals called furanocoumarins. These chemicals, along with sunlight and moisture, cause burns on human skin by preventing the skin from protecting itself from UV rays. Both of these plants have been found in Madison County.

Wild Parsnip is the less severe and smaller of these two plants. It typically grows around five feet tall and has leaves that resemble the leaves of celery. The flowers are a yellowish-green color and have flat topped clusters. The stem is green and hairless, and is rigid and hollow. These plants are typically found along roadways, pastures and fields, but can be found almost anywhere. Wild Parsnip can survive under almost any condition. The seeds remain viable for up to three years after being dispersed from the plant.

Giant Hogweed poses more of a hazard because it is much larger and more toxic than Wild Parsnip. This plant can grow more than 12 feet tall. It looks very similar to Queen Ann’s lace, but is much larger. It has a thick rigid hollow stem with purple blotches on it. The stem also has white hairs on it. The flowers are white and clustered; the leaves are large and can grow up to five feet across. Contact with the sap of Giant Hogweed can occur by simply brushing against the plant, or by breaking the stem and leaves. The sap along with sunlight and moisture can cause wounds that resemble third-degree burns. It can also cause severe blistering, scarring and even blindness. Because of its size, Giant Hogweed is a very aggressive competitor to native plant species. The seeds of Giant Hogweed can remain viable for up to 10 years after dispersal. It has become established in New York, Pennsylvania, Ohio, Maryland, Oregon, Washington, Michigan, Virginia, Vermont, New Hampshire and Maine. The DEC recommends that if you see this plant, you should not touch it and you should report it to them.

When working around these plants protect yourself by wearing a long-sleeved shirt, pants, and rubber gloves. When you are working around Giant Hogweed, you should also wear face protection. If you come in contact with either plant, wash exposed areas immediately with soap and cold water. The exposed area should then be protected from sunlight for at least 48 hours; and if a reaction starts to occur you should see a physician.

Control of these plants is best started at the beginning of the growing season. Plants should be cut off below the soil or mowed down to make sure that the seeds do not get to maturity. Because the seeds can last for several years this may need to be done repeatedly.

All the information for this article was found on the DEC’s website: www.dec.ny.gov/animals/39809.html.

Colgate RECYCLES …and it matters!
by John Pumilio

Recycling preserves precious resources, avoids building new landfills, conserves energy, and reduces water pollution, air pollution and greenhouse gas emissions that cause climate change. Last year, thanks to our recycling efforts, Colgate reduced our landfill waste by 230,000 pounds. This prevented over 130 tons of greenhouse gases from entering our atmosphere, and saved the university over $7,000.

It’s never too late to start recycling. Recycling at Colgate is as easy as 1, 2, 3! You need:

- One recycle bin for paper products (you can separate cardboard from printer/copier paper, but it is not necessary).
- One recycle bin for plastic, glass and cans (please rinse and remove all lids/caps).
- One bin for landfill trash.

*Call B&G for additional recycle bins or improvise and create your own.

**Recycling signs and Colgate’s Recycling Guide can be downloaded at www.colgate.edu/green - scroll down and click on the “Waste Minimization & Recycling” link.

Did you know:

- The average American produces about 4½ pounds of trash every day.
- Last year, Colgate sent over 1.6 million pounds of trash to the Madison County Landfill.
- Aluminum can be recycled using less than 5 percent of the energy used to make the original product.
- Recycling one soda can save enough energy to run a 100-watt bulb for 20 hours, a computer for 3 hours, or a TV for 2 hours.
- Recycling plastic saves 33 percent of the energy used to produce it from raw materials.
- Plastics require 100 to 400 years to breakdown at the landfill.
Take care of yourself and stay at home when you are sick

- The Centers for Disease Control and Prevention (CDC) recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes, heart and lung disease, and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal flu vaccine will not protect you against novel H1N1.

A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.

- People at greatest risk for novel H1N1 infection include children, adolescents and young adults, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

As of September 25 the Student Health Center has already given over 1,000 doses of seasonal flu vaccine to students and campus safety officers, and is awaiting the arrival of additional doses of the seasonal flu vaccine. They also ordered the separate H1N1 vaccine, which will hopefully be available in early November. Information on upcoming flu clinics for employees will be announced once the flu vaccine arrives. Watch for future email announcements.

The initial focus will be on vaccinating those in the priority groups. These groups may be further restricted initially based on vaccine availability, and it is unclear when the 2009 H1N1 flu vaccine will become available for healthy adults age 25 or older.

In your interactions with students, please help the university by reminding them of these preventative measures, and also by urging them to contact and to seek medical advice from the Student Health Center if they have questions or are sick with flu-like symptoms.

The university commends and thanks students, faculty, and staff for following best practices for staying healthy.

Information for this article was found on the CDC’s website.
For more information go to www.flu.gov or call 800-CDC-INFO.

Farewell and best wishes

**Sally Sinardo** retired after 41 years of service. She held various positions within the development area and served as secretary to buildings and grounds for a two-year period. Her last position was senior administrative assistant to the vice president and senior philanthropic advisor. Sally’s style and her commitment to Colgate will be fondly remembered. Her retirement celebration was a wonderful event attended by many of her close friends, co-workers, and family members.

**Bernie Whitacre** retired after 31 years of service. Hired as a groundkeeper in 1978, he was promoted to journey-person carpenter in 1980, and in 1992 he assumed the duties of locksmith. Bernie is a wonderful, kind hearted man, with a calm, soft spoken manner. He too will be missed by his many close friends and co-workers. Many co-workers and close friends attended his retirement celebration, which was a fun-filled event.

We wish Sally and Bernie the best. Congratulations!

Defensive driving class offered

Campus Safety if holding a six-hour defensive driving course over a two night period.

**When:** October 19 and October 20  
**Time:** 6 p.m. - 9 p.m.  
**Where:** 114 Little Hall  
**Cost:** $35 registration fee

To register call Campus Safety at 228-7333 or email: smarks@colgate.edu for a registration form.

A note to remind you

Have you filed your Cancer Screening Wellness Benefit for this year? If you have AFLAC New York’s Personal Lifestyle Protector Cancer Plan each covered person is eligible for $75 per calendar year for receiving a covered cancer screening.

To do so, go to your doctor for a cancer screening (i.e. mammogram, pap smear, chest x-ray, blood test for colon cancer, etc.). Fax a copy of your bill or medical report that indicates a covered cancer screening was completed to AFLAC New York at 1-877-844-0201 (include your name, your policy # or social security # and write the words “wellness benefit” with your fax.) Please call Teri Schunk at 607-337-4424 with any questions, or call AFLAC New York’s customer service at 1-800-366-3436 or visit them on the web at AFLAC.com.
EMPLOYEE NEWS

OCTOBER ANNIVERSARIES

40 Years
Lynda Case-Chemistry

25 Years
Mike Chlad-Physical Plant
Stacey Coleman-Admission
Connie Diehl-Advancement

15 Years
Bob Keats-Document & Mail Services

10 Years
Michelle Atkinson-Accounting & Control
Hugh Bradford-Budget & Decision Support

Reminder: Information about Job Postings
For complete information on position vacancies and to submit an application visit our website at:
https://careers.colgate.edu
Due to technical issues, this link is not available on the portal.
[Note: Bargaining Unit positions will continue to be handled in accordance with the Collective Bargaining Agreement.]

HELP WANTED
Help needed with yard work and basic maintenance around the house. Ideal job for an energetic teenager. Pay: $10/hour. Call 825-0258.

SELL & SWAP
For Sale: Collection of sports and non sports trading cards. Some opened. Conservative est. of 10,000–20,000. Make offer. Call 607-674-4689 after 5:00 p.m.

For Sale: Snow tires. 4 Cooper snows 195-55-15. This size fits Volvo sedan. Basically new; about 100 miles on them. They work wonderfully; great traction. $400 or best offer. Call 225-715-6776.


Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item.

The University reserves the right to suspend or terminate the program at any time.

CLASSIFIED ADS

POSITION VACANCIES
Athletics Event Staff (pt - no benefits)
Blackmore Jazz Cataloging Assistant (no benefits)
Boiler Operator
Campus Safety Officer/Dispatcher (pt - no benefits)
Huntington Facility Cage Attendant - Weekend nights (pt; no benefits)
Regional Advancement Director
Staff Nurse (per diem)

COLGATE UNIVERSITY IS AN EO/AAE
Developing and sustaining a diverse faculty and staff to further the university’s educational mission.

BIRTH ANNOUNCEMENTS
Sheryl Gonzalez and Joaquin Rivera Cruz welcomed daughter Mariela Beatriz Rivera Gonzalez (8 lbs. 6 oz., 19” long) on August 2. Joaquin is assistant professor in mathematics.

Stephanie and Nicholas Rhyde welcomed son Grant Nicholas (7 lbs. 12 oz., 20” long) on September 6. Proud grandparents are David and Debbie Rhyde. Debbie is an administrative assistant, football.