H1N1 (Swine) Flu

Current Status
The University continues to monitor information and guidance from the Centers for Disease Control and Prevention (CDC), the New York State Department of Health and the Suffolk County Department of Health Services about H1N1 Influenza (Flu) in our region, and has taken steps to prevent the spread of flu on campus. Specific information about Stony Brook’s pro-active response to the H1N1 Influenza can be found on the University Influenza Planning and Preparedness website at http://stonybrook.edu/flu/. All students, faculty and staff are urged to monitor reports of influenza in our region and other areas that they are traveling to, remain aware of advisories, and take everyday actions to stay healthy.

Vaccination
Vaccination is the best protection against contracting the flu. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations, as soon as each is available. You can't get the flu from getting a flu vaccine! The flu vaccine does not give you the flu. It stimulates your body to produce antibodies. These antibodies provide protection against infection by flu viruses. Stony Brook has received a limited supply of the H1N1 vaccine and is currently offering the vaccine to students who are in the CDC vaccine priority group.

What Can You Do?
The CDC recommends that individuals take these everyday steps to protect your health:
• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
• Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
• Avoid touching your eyes, nose or mouth. Germs spread this way.
• Try to avoid close contact with sick people.
• Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®). Read detailed information about how long to stay away from others.
• Get Vaccinated. Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine.

Wash You Hands!
The Department of Environmental Health & Safety is an active participant on the University’s Pandemic Flu Committee and is working with the Office of Emergency Management to help with the planning and response efforts. EH&S is conducting a hand-washing campaign to educate individuals and promote hand washing as a means to prevent the spread of flu. Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands with soap and warm water, it should last 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

By, Gary Kaczmarczyk
The Partner for Change Award is given to those organizations that continuously improve and expand upon their mercury elimination, waste reduction, and pollution prevention. In addition, SBUH also had to demonstrate that at least 10% of their total waste was recycled.

STONY BROOK UNIVERSITY ANSWERS THE CALL TO RECYCLE!

Joins National Rechargeable Battery and Cell Phone Recycling Program

With its eye on the environment, Stony Brook University (SBU) has joined a national program called Call2Recycle™ to conveniently recycle used rechargeable batteries and old cell phones generated on Campus. This program will strengthen and enhance SBU’s existing program by providing more convenient and safe disposal options to the Campus Community.

Rechargeable batteries are commonly found in cordless power tools, cellular and cordless phones, laptop computers, digital cameras, two-way radios, camcorders, and other electronics. Cell phones and other electronics often contain precious metals, copper, and plastics - all of which require energy to mine and manufacture. Recycling not only conserves these materials, but prevents air and water pollution and greenhouse gas emissions.

SBU and other institutions nationwide are therefore working in cooperation with the Rechargeable Battery Recycling Cooperation (RBRC), a non-profit public service organization that operates the Call2Recycle™ program. By participating in the RBRC Program, SBU is helping to preserve our environment and to prevent rechargeable batteries and cell phones from entering the country’s landfills.

If it’s rechargeable, it’s recyclable! The following rechargeable battery chemistries can be recycled - Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Lithium Ion (Li-ion), Nickel Zinc (Ni-Zn), and Small Sealed Lead Acid batteries weighing up to 11 lbs/5 kg per battery (Pb). Note: The Call2Recycle program does not accept alkaline, lithium, non-rechargeable, or wet-cell batteries.

Healthcare facilities are recognized by Practice Greenhealth by demonstrating their ability to create a better, more environmentally friendly environment.

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By, Sean Hannifin

By, Jeffrey Carter
Employee Spotlight

Sean Harling, Radiation Safety Manager, began his career in the safety field in 1991 when he was hired by Ed O’Connell as a Student Assistant to work in the Radiation Protection Services (RPS) group with Don Rassmussen. Even though he spent his first two weeks filling fire extinguishers for the Fire Marshals, he learned the ins and outs of health physics over a four year period. Sean left Stony Brook and joined the Army Reserve where he served with the 331st Military Intelligence company as an intelligence analyst.

County Fire Rescue and Emergency Services, and the Setauket Fire Department. Music at the event was provided by WUSB radio and there was a guest appearance by Wolfie, who tried his hand (paw) at extinguishing a fire. Fire Marshals also conducted "live burn" demonstrations of a mock residential hall room/kitchen at various quads and at Stony Brook Southampton during the month long event.

Campus Fire Safety Month serves as an incentive for schools across the country to reach out to their students and teach them the importance of knowing how to avoid having a fire or, if one should break out, what to do. Each year there are thousands of fires both on- and off-campus at our nation’s campuses, and it is critically important that students be made aware of their personal responsibility.

This was a great opportunity for students, faculty and staff to learn about ways to prevent fires. Many thanks to all who contributed to the success of this important event.

By, Scott Gershowitz

Radiation Protection Service
Hits a Home Run
with State of New York Department of Health Radiation Protection Services Inspection

There were no items of non-compliance found during an inspection by the New York State Department of Health (NYSDOH) in May and June 2009. The inspection of Radioactive Materials for the Stony Brook University/Hospital, covered the following items: Description of the Scope of Activities (Radioactive Material types, quantities, frequency of use, authorized users, etc.) The DOH also inspected the operations, facilities, staffing, overall compliance, protective devices, work areas, storage, inventory, waste, training, knowledge, staff-performance and security. In addition the Department of Health inspected evidence of management oversight (annual audits, corrective actions). Medical quality assurance program for diagnostics and therapy, including audits, misadministration, incidents and unusual occurrences and records for eventual decommissioning maintained.

The RPS team wants to thank all authorized users, operators and others who manage facilities for their support and cooperation.

By, Zoila Lachapelle

Wolfie extinguishes a fire.
Against another piece of wood. Dry seasoned wood is more efficient at heating your home and can add up to significant savings over the winter. Never burn painted or treated wood or trash.

- Maintain your wood stove or fireplace and have a certified technician inspect it yearly. A certified technician can clean dangerous soot from your chimney and keep your wood stove or fireplace working properly, which reduces your risk of a home fire.
- Change to an EPA-certified wood stove or fireplace insert. These models are more efficient than older models, keeping your air cleaner, your home safer and your fuel bill lower, while keeping you warm in the winter.

"EPA established the Burn Wise campaign to reduce wood smoke pollution. The program helps to protect your home, health and the air we breathe, while keeping those who use wood for heat warm throughout the winter."

If you’re burning wood, you can have a cheaper, safer and healthier fire by following these tips:

- Burn only dry, seasoned wood. It’s better for the air and your wallet. Look for wood that is darker, has cracks in the end grain, and sounds hollow when hit against another piece of wood. Dry seasoned wood is more efficient at heating your home and can add up to significant savings over the winter. Never burn painted or treated wood or trash.
- Maintain your wood stove or fireplace and have a certified technician inspect it yearly. A certified technician can clean dangerous soot from your chimney and keep your wood stove or fireplace working properly, which reduces your risk of a home fire.

More information on Burn Wise: http://www.epa.gov/burnwise

By, Carol Malley