

**INSIDE THIS  
ISSUE:**

- Business Continuity Planning and Exercises
- Stress Management
- Bicycle safety – what is a sharrow?
- Radiation Safety and CVM Brachytherapy
- H1N1 Influenza Update
- Flu Shots
- Tailgating Safety

## Pay it forward: Business Continuity Planning

No one wants to be caught off guard. That's why pre-planning and testing are so important, especially when you have the opportunity to lessen the impact of the unexpected. NC State develops, facilitates, and participates in various emergency preparedness tests, drills, exercises, and walk thrus across campus, the UNC System, and the State of NC annually. In an effort to continue due diligence in emergency preparedness, the university is excited to announce that we were awarded a federal grant through the

North Carolina Emergency Management Division and the Federal Government to facilitate a two-day University-wide functional and tabletop exercise. The two-day event is scheduled for December 2009.



Along with the upcoming university wide exercises, the Department of Business

Continuity and Disaster Recovery is conducting individual tabletop exercises with the ten colleges of the university. Pre-planning and frequent emergency procedure testing are essential in the success of continuing mission critical functions and services of the university.

During the first 72 hours of a disaster, we all have a part to play in order to continue to support the university's mission. Visit the Business Continuity website to obtain a copy a family preparedness checklist.

[www.ncsu.edu/BCP](http://www.ncsu.edu/BCP)

### Tips to Follow Before Disaster Strikes!

- Review your departmental business continuity plan before a disaster strikes!
- Know your role and responsibility during a business disruption.
- Test logging into and accessing your work email from home and at designated alternate worksites on campus.
- Test logging into critical software applications and systems from home and at designated alternate worksites on campus.
- Test accessing your university home and shared network folders from home and at designated alternate worksites on campus.
- Make sure your after hours contact information is correct in your departmental business continuity plan.
- Make sure you are following proper data backup procedures. See your LAN tech for guidance.

Need information from Environmental Health and Safety fast, add us to your Quicklinks from the NC State Homepage! Click on Quicklinks, select Customize Quicklinks, add Environmental Health and Public Safety, click save!

## What does stress look like?

What does stress look like? How do you know when you are stressed? You can ask yourself some these questions:

- Any noticeable changes in sleep?
- Any change in my appetite (eating more or less)?
- Any difficulty concentrating?
- Fatigue?
- Agitation?
- Increased heart rate?
- Muscle Tension?
- Gastro-intestinal problems?
- Low motivation?
- Isolating self?

There are several different techniques to assist in managing stress. Here is a list of some things that you can do to help:

- Take a Deep Breath!
- Exercise Regularly (at least 3 times weekly)
- Journal
- Engage in Hobbies
- Listen to your favorite music
- Plan out your time and prioritize
- Get a good night's sleep
- Don't isolate yourself! Talk to someone (friend, chaplain, or family member).
- Get a massage
- Eat Healthy!



Remember, stress can be normal but if you are overwhelmed and notice changes within yourself, look back on what you are doing and engage in healthy alternatives.

If you need assistance in managing your stress please contact the University Counseling Center at 515-2423 or for employees, Deer Oaks at 1-877-327-7658.

## Sharrow the Road Please!

A "sharrow" is a share the road arrow that Transportation places directly on the pavement. These sharrows are positioned in several locations and have several goals:



1. Encourage bicyclists to ride in the correct direction of the street
2. Educate motorists to expect bicyclists to be on the roadway

3. Educate motorists that bicyclists may legally ride further to the left in the travel lane, even if that means blocking a lane at times

Educate bicyclists how to position themselves in the lane in respect to the curb or parked cars to avoid hazards

4. Encourage cyclists to ride on the street, as they may feel more comfortable riding on streets with markings.

Visit [www.ncsu.edu/transportation](http://www.ncsu.edu/transportation) for more information!

## Radiation Safety launches Brachytherapy with CVM

In 2008, NC State was granted a license for the treatment of cancers in equine patients at the College of Veterinary Medicine. Brachytherapy is the implantation of iridium, which delivers gamma irradiation for the treatment of neoplasia or cancer. The devices are implanted into the tumor and the horse is hospitalized for approximately 5 to 7 days. After the therapy, the implants are removed and the horse is sent home without risk to the horse owner. Since the implanted radiation is sealed in individual sources, there is no leftover contamination on the horse once the sources are removed. This treatment has been shown to be greater than 99% successful for treatment of equine cutaneous cancers.



## H1N1 Influenza Information

NC State is not immune to H1N1 influenza. Of our student population, nearly 1,000 cases have been seen at Student Health since the beginning of fall semester. If you are ill with flu-like symptoms, current Center for Disease Control recommendations include self-isolation for at least 24 hours after fever is gone, without the assistance of fever-reducing medicine.

To minimize the spread of the flu, stay away

from sick people; wash your hand frequently with soap and warm water; do not share personal items, like cups; if you have been exposed to the flu, consult with your health-care provider about prophylactic medicine. The H1N1 influenza vaccine is forthcoming, both nasal and injection. Vaccine supply may be limited at first and priority groups will likely be vaccinated first.

## Stick it to the Flu this season!

The flu season of 2009 seems to be ongoing, with the combination of Seasonal and H1N1 influenza. BCBSNC, in cooperation with the State Health Plan, is offering free flushots to plan members. Anyone not enrolled in the SHP can still receive a flu shot for \$25. You can register on-line through Human Resources, Benefits section.

Seasonal flu shots can be obtained now! H1N1 vaccines should be available to select populations by early

fall 2009. To protect yourself from both types of influenza, you will need two separate vaccines! For NC State resources on Seasonal Flu and H1N1 Flu, visit these sites:

<http://www.ncsu.edu/ehs/pandemic/index.htm>

<http://www.ncsu.edu/student-health/whatsNew/influenzaupdate1.html>

<http://www7.acs.ncsu.edu/hr/benefits/enrollment/flushots/>



## Tailgating Safety

NC State right in the thick of football season now, and University Police would like to take a second to remind everyone about some rules and “good neighbor” tips for enjoying tailgating before a football game at Carter-Finley Stadium:

Spiritous liquor and fortified wine are not allowed by North Carolina state law in the parking lots at an athletic event. That goes for everyone, whether you are 21 or older, student or alumnus, etc.

Kegs are not allowed, and a keg is specifically defined as a container capable of dispensing 3 or more gallons of malt beverages or unfortified wine. We recommend aluminum cans, which are perfect for recycling at the “We Recycle” locations!

If you or anyone in your group is drinking alcoholic beverages before the game, be sure to have a Designated Driver for driving home after the game!



Amplified sound is allowed, but keep it to a reasonable volume. If the tailgating group next to you is having trouble hearing each other, then maybe you should turn it down!

Be courteous when throwing around footballs or participating in other games. A stray football can easily dent a car or crack a windshield, so play in a safe area!

The parking lots of Carter-Finley Stadium are open to anyone walking through, so be mindful of families, children and visiting fans! Be nice!

Keep in mind that violations of North Carolina state law or University policy in the parking lots of Carter-Finley Stadium can result in being trespassed from the lots, which can include losing the privilege of attending future games! It can also result in citation, referral to Student Conduct, or even arrest.