

Emergency Preparedness—On and Off Campus

September, 2009



Here at Idaho State University, the safety and security of our students, faculty and staff - as well as the university's campus in general - is our mission.

The Public Safety Department has the primary responsibility for maintaining a safe and secure environment at Idaho State University.

The Department seeks to promote mutual cooperation and conflict resolution by establishing a positive social atmosphere where effective learning can take place.

However, we must also help individuals in our community learn how to make responsible decisions that will prepare them for the hazards they may face in our world today and tomorrow.

With that in mind, we encourage you to learn about and utilize the additional resources and services mentioned below, that will help you be aware, informed and prepared.

Be Alert:

Be aware of what is going on around you and report any unusual activity to ISU Public Safety.

Be Informed:

Know what hazards can occur in your area and know what you should do if they occur, and where to go.

Attend safety and security information sessions & classes.

Update your contact information with Registration & Records and/or Housing.

Program a family member or close friend into your cell phone using ICE (In Case of Emergency) in the name field. Emergency responders could use this to contact someone you designate if you are incapacitated.

Be Prepared:

- ⇒ Develop an emergency communication plan with family & friends
- ⇒ Know where to get official information:
 - ISU's website at www.isu.edu
 - ISU Public Safety emergency line at 208-282-3936
- ⇒ Learn CPR and first aid. It might just save a life, including your own.
- ⇒ Develop an emergency supply kit.

Emergency Procedures Poster—An Emergency Procedures Poster has been created for all faculty, staff and student and can be found at this link:

<http://www.isu.edu/pubsafe/errp/EmergencyProceduresPoster.pdf>

Be Prepared for An Evacuation

Know your building's floor plan. Know where the stairs and fire extinguishers are located.

Determine in advance the nearest exit from your work or class location and the route you will follow to reach the exit in an emergency. Know the locations of alternate exits from your area.

Know exactly how many doors you will pass along your evacuation route before you reach the nearest exit door. In heavy smoke, you can count the number of doors as you pass, so you will know when you reach the exit door.

Emergency evacuation signage is posted in buildings so that occupants can become familiar with the evacuation routes and assembly points for their area. Get to know who your Building Coordinator is and learn the buildings evacuation plan.

If Told To Evacuate!

- ⇒ Move calmly to exits. DO NOT run or push.
- ⇒ Follow instructions of emergency personnel or your Building Coordinator.
- ⇒ Alert personnel if someone needs help evacuating.
- ⇒ Bring your Emergency Kit, cell phone, keys, identification and special medication you may need.
- ⇒ Seek further information on the ISU website.

For a complete copy of ISU's Emergency Response Plan go to:

<http://www.isu.edu/pubsafe/errp/index.shtml>

CDC Recommended Responses to Influenza for Institutions of Higher Education during the 2009-2010 Academic Year

- ⇒ Those with flu-like illness should stay away from classes and limit interactions with other people, except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. Some people with influenza will not have a fever; therefore, absence of a fever does not mean absence of infection. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu.
- ⇒ If possible, residential students with flu-like illness who live relatively close to the campus should return to their home to keep from making others sick. These students should be instructed to do so in a way that limits contact with others as much as possible. For example, travel by private car or taxi would be preferable over use of public transportation.
- ⇒ Students with a private room should remain in their room and receive care and meals from a single person. Students can establish a "flu buddy scheme" in which students pair up to care for each other if one or the other becomes ill. Additionally, staff can make daily contact by e-mail, text messaging, phone calls, or other methods with each student who is in self-isolation.
- ⇒ If close contact with others cannot be avoided, the ill student, faculty or staff member should be asked to wear a surgical mask during the period of contact. Examples of close contact include kissing, sharing eating or drinking utensils, or having any other contact between persons likely to result in exposure to respiratory droplets.
- ⇒ Faculty, staff and students with flu-like illness should promptly seek medical attention if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.
- ⇒ Non-residential students, faculty, and staff with flu-like illness should self-isolate at home or at a friend's or family member's home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.

H1N1 (Swine Flu) - What you can do to protect yourself

Novel Influenza A H1N1 (swine flu) is a new flu of swine origin that was first detected in April 2009. It's uncertain at this time how serious or severe this H1N1 flu will be in terms of how many people infected will develop serious complications or die from the infection. Experience with this virus so far is limited and the influenza virus is unpredictable. Communities can take steps to slow the spread.

Novel H1N1 spreads when sick people cough or sneeze germs onto others or onto surfaces that someone else may touch. You can help prevent the flu by washing your hands often with soap and water and avoiding contact with sick people. You should also consider carrying hand sanitizers that contain at least 60% alcohol.

The symptoms are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills or fatigue. Some people with H1N1 have also reported diarrhea or vomiting. Severe illness, including pneumonia or respiratory failure, as well as death, can occur. Like seasonal flu, novel H1N1 flu may worsen underlying chronic medical conditions. *(Courtesy S.E. Idaho Health District Office. For a complete copy of this document visit: http://www.sbdidaho.org/psa/2009/ang/Novel_H1N1.pdf)*

Government officials are especially concerned about the impact of H1N1 in schools because the virus appears to spread quickly among younger Americans. The CDC's Advisory Committee on Immunization Practices recently found that younger Americans, specifically children age six months to 24 years, are one of the top priority groups when it comes to the new H1N1 vaccine. Watch for more information on where and when the H1N1 flu shots will be available.



Domestic Violence

Don't Make Excuses, Make it Stop.

Where to go for help

ISU J.C. Anderson Gender Resource Center—282-4673
ISU Public Safety—282-2515

Family Services Alliance—251-4357
Pocatello Police Department—234-6100

Bannock County Sheriff—236-7114
Bannock County Court Services-236-7083
Bannock County Victim/Witness Coordinator - 236-7284



Freedom of teaching and of opinion in book or press is the foundation for the sound and natural development of any people.

-- Albert Einstein