



Touro College

Emergency Preparedness * Information Security * Campus Security
EPICS AWARENESS Quarterly

EXTRA! EXTRA!

Hot off the presses is our year end quarterly EPICS newsletter! Learn and apply information presented on emergency preparedness, campus and information security. You will undoubtedly take many tips away on preparing yourself in the event of a fire, earthquake, or subway disaster. And, safety and online tips for the holiday season and beyond. Enjoy! The EPICS team wishes you and your family a healthy holiday season!

Volume 2, Issue 4

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December 23, 2011

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Emergency Preparedness (EMP) NEWS - S. Yehudah

I am pleased to report that the fire evacuation drill held in November 2011 showed great improvement over the last several ones we have had, including evacuations that were due to emergency situations. On November 16, 2011 students and employees at the Main Campus building, 27-33 West 23rd Street, performed a staged evacuation. This type of evacuation requires the building occupants to assemble at the emergency stairwells instead of exiting to the street. I received the all clear sign from all floors within 5 minutes of sounding the fire alarm. Buildings are expected to evacuate within 3-5 minutes, and our previous times ranged from 10-18 minutes. Congratulations to the students and employees of the Main Campus building (27-33 W 23 Street, NY)! We look forward to seeing improved evacuation times at all Touro locations during 2012.

Campus Security (CAMPSEC) NEWS - L. Perez

Campus Security continues to make improvements throughout all of our campuses and would like to hear from you at security@touro.edu regarding any comments or suggestions that you may have. And, once again on behalf of the Campus Security Department we wish you a safe and joyous Holiday. A couple of updates to announce:

- Our Annual Clery Fire & Security Report is now available on both the Campus Security website and on the Touro portal.
- Campus Security Awareness Training is now available on the Touro Portal.

Information Security (INFOSEC) NEWS - P. Ciuffo

Information Security has participated with the education community (REN-ISAC) in an initiative to purchase online security awareness training at a significant discount and will be rolling this out to all employees over the next several months. Be alert to emails from me announcing this training. Also, I am working with the Office of Information Technology Network team to strengthen endpoint security and participating in a project that will improve overall security. Over the coming year, be alert to announcements on this and other security improvements coming your way. Feel free to drop me a note at Patricia.Ciuffo@touro.edu if you have any comments.

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EMP Portal Update/EMP Use

- S. Yehudah/S. Alpert

The Department of Emergency Preparedness will be posting emergency preparedness information and notifications on the Touro Portal. EMP information will be updated on a regular basis. For those of you who have not taken advantage of using the Portal, following you will find instructions on how to register for an account from Sarah Alpert, Senior Project Manager. I hope you make it a habit to visit it.

REGISTERING FOR MYTOURO PORTAL ACCOUNT:

If you have not already done so, please register your myTouro account today at <https://mytouro.touro.edu> by clicking on the "First Time Users" button. Please note the following:

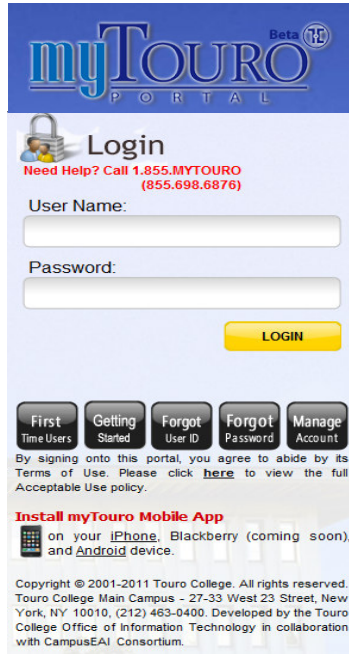
1. The username and email address the system assigns will match the username and email address you currently use. If

it does not, please contact the **myTouro Support Desk at 855-myTouro (855-698-6876)**.

2. As part of the registration process, you will create a new password. This pass-

word will be used to access the myTouro Identity System, myTouro Portal, and also to log into your computer, and to access your email (Outlook and OWA). If you forget your password, you can retrieve it by clicking on the "Forgot Password" button on the portal login page.

3. At present, all faculty will be provided the same myTouro access as staff users. In the coming weeks, we will roll out the faculty-specific set of permissions, and faculty will see additional academic resources available to them via the portal (Blackboard, TCWeb, etc.).



EMP Fire Watch - Workplace Fire Safety

- S. Yehudah

On an average day, over 200 fires occur in U.S. workplaces. Annually, those fires kill 200 workers, injure 5,000 more and cost American businesses over \$2 billion. Unfortunately, there are dozens of ways for workplace fires to start - chemicals, electricity, flammable liquids, combustible materials, compressed gases, smoking and poor house-keeping and, in some cases, arson.

Preventing fires is everyone's job. that could cause a fire, and take re- eas so they can be corrected. The following section addresses the major workplace fire hazards at Touro College facilities and the procedures for controlling the hazards.



We all need to be alert to anything responsibility to report any problem ar-

Electrical Fire Hazards

Electrical system failures and the misuse of electrical equipment are the leading causes of workplace fires. Fires can result from loose ground connections, wiring with frayed insulation, or overloaded fuses, circuits, motors or outlets.

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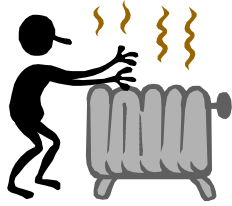
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To prevent electrical fires employees should:

- Notify the Department of Facilities when they see worn or frayed wires.
- Not use extension cords as substitutes for wiring improvements.
- Use only approved extension cords, i.e. those with the Underwriters Laboratory (UL) or Factory Mutual (FM) label.

Portable Heaters

The use of portable heaters must be approved, prior to purchase, by the Department of Facilities (Mariella.Lacona@Touro.edu). Portable electric heaters must have tip-over protection that automatically shuts off the unit when it is tipped over. Employees should ensure there is adequate clearance between the heater and combustible furnishings or other materials at all times.



Office Fire Hazards

- Fires in offices are more likely because of the increased use of electrical equipment and accumulation of rubbish. To prevent office fires employees should:
 - Keep workspaces free of waste paper and other combustibles. Clutter contributes to fires by providing fuel and by preventing access to exits and emergency equipment.
 - Report electrical hazards. Many fires start in faulty wiring and malfunctioning electrical equipment. Shut down any equipment that smokes or sparks.
 - Ensure that extension cords are not placed under carpets.
 - Maintain free access to all electrical control panels. Material or equipment stored in front of the panels can slow down the shutting down of power in an emergency situation.
 - Immediately report foul odors or defective equipment to shoshana.yehudah@touro.edu.
 - **DO NOT USE OPEN FLAMES.** The use of open flames in Touro offices and classrooms is prohibited.



- Use and store chemicals safely. Read the label and the Material Safety Data Sheet to determine flammability and other fire hazards.
- Help maintain building security to prevent arson fires. Lock up as instructed; report suspicious persons; and don't leave combustible rubbish where it can be set on fire outside the building.
- Never block sprinklers, firefighting equipment or emergency exits. Observe ceiling clearances when stacking materials. There must be 18 inches of ceiling clearance from sprinkler heads, and 24 inches of ceiling clearance in buildings that do not have sprinklers.

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EMP Fire Watch - Workplace Fire Safety Continued

- S. Yehudah

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- Report fire hazards you cannot correct yourself.

If you see a fire hazard in your work area, please report it to your local facilities manager, or contact the central facilities office at 212-463-0400 x5271. You may also contact the Department of Emergency Preparedness at 212-463-0400 x5123. A workplace fire is an experience you don't want to have. In addition to injury and loss of life, the outbreak of a fire can lead to job losses. Rebuilding a workplace after a fire is very expensive and many companies cannot afford to do it. Don't let a fire threaten you, your coworkers and your job. Let's work safely to prevent fires.



EMP Disaster Preparedness: EARTHQUAKE!!!

- S. Yehudah

Some of you may have heard of Mr. Doug Copp, the Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI), a private company not affiliated with the U.S. government or any U.S. agency. He disputes the "Drop, Cover, and Hold On" instruction that is issued by the American Red Cross for earthquake emergencies. According to Mr. Copp, going underneath objects during an earthquake is very dangerous, everyone who gets under a doorway when a building collapses is killed, and if you cannot escape by getting out of the door or window, then you should lie down and curl up in the fetal position next to a sofa or large chair. His statements are based on observations of damage to buildings after an earthquake in Turkey.



Alakoy Village, Turkey after 7.2 magnitude earthquake June 18, 2010
Photo: upi.com news service



U.S. Port Authority Baja, CA after 7.2 Magnitude earthquake on October 27, 2011
Photo: fema.gov

Comparing the building construction standards, techniques, engineering principles and construction materials of the U.S. to those of Turkey is like comparing apples to oranges. They are both fruits, but wow what a difference between them! The American Red Cross has studied the research done on earthquake safety for many years. They have based their instruction of "Drop, Cover, and Hold On" on the extensive research done by the California Office of Emergency Services, the California Seismic Safety Commission and a host of professional and academic research organizations.

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EMP Disaster Preparedness - Earthquake!!! continued

- S. Yehudah

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The Red Cross instruction is a U.S. based recommendation, based on U.S. building codes and construction standards.

Engineering researchers have demonstrated that due to U.S. building codes and construction standards, very few buildings collapse or pancake in as they might do in other countries. The Center for Disease Control and Prevention (CDC) has collected data on injuries and deaths related to earthquakes, and most occurred while people were trying to get away instead of following Drop, Cover and Hold On. The more and longer the distance that someone tries to move during an earthquake, the more likely they are to become injured by falling or flying debris, or by tripping, falling or getting cut by damaged floors and items in the path of escape.

I was amazed at the flight response (what seismologists are calling the Happy Feet phenomenon) that occurred in New York City on the day we were hit with a tremor during the summer. Buildings all over the City emptied out their occupants into the street. We seemed to have forgotten about the glass and concrete overhead, and research has shown that most earthquake related casualties result from collapsing walls, flying glass and falling objects.

So do yourself a favor - the next time you feel an earthquake tremor, try to control your Happy Feet and Drop, Cover and Hold On. **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the room or building. Stay there until the shaking has stopped and you are sure exiting is safe. To see a complete list of earthquake instructions, please go to the Emergency Preparedness Portal Page at mytouro.touro.edu. Click on the Emergency Preparedness section, and then click on the EMP at Touro tab.

I would like to take this opportunity to thank the staff and faculty at Touro University in California for reaching out to us after the earthquake. I received many emails with well wishes for our safety here in New York. It's nice to know we are ready to reach out to each other when the need arises.



Parking structure - Northridge, CA January 1994
Photo from U.S. Geological Survey



Japan - March 2011
Photographed by Kimimasa Mayama/Reuters

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EMP Fire Watch - Changing the Clock and the Smoke Alarm Batteries - S. Yehudah

Every day in the United States needless home fire deaths occur. Working smoke alarms significantly increase your chance of surviving a deadly home fire. A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week. Think of it as your personal sentry. Whether you are awake or asleep, a working smoke alarm is constantly on alert scanning the air for fire and smoke.



The best time to check your smoke alarm is when we change the clocks forward or back. We have to change the clocks anyway, and it's easier to add to a routine that is already set rather than start a new one. In addition to changing your smoke alarm batteries, the U.S. Fire Administration (USFA) recommends following these simple steps to protect your life, your loved ones, and your home in the New Year:

- Dust or vacuum smoke alarms when you change the batteries.
 - Test alarms once a month using the test button.
 - Replace the entire alarm if it's more than 10 years old, or doesn't work properly when tested.
 - Install smoke alarms on every level of your home, including the basement, and both inside and outside of sleeping areas.
 - For the best protection, equip your home with dual sensor alarms.
 - Interconnect all smoke alarms throughout your home so that when one sounds, they all sound. Interconnected alarms are available at most stores that sell smoke alarms.
 - Make sure everyone in your home understands the warning of the smoke alarm and knows how to respond, especially children.
- You should prepare and practice an escape plan so that you and your loved ones can get out of your home safely. Plan to meet in a place a safe distance from the fire and where first responders can easily see you. For more information on smoke alarms, fire escape planning and fire prevention visit the U.S. Fire Administration



website at www.usfa.fema.gov/smokealarms.

EMP Disaster and Safety in the Subway - B. Fountain

Usually disaster preparedness and related planning focus on what to do in the home or at work. However, the typical New Yorker's life is dominated by a third and significant occupier of time: transit. According to the Metropolitan Transportation *[continued on page 7]*

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EMP Disaster and Safety in the Subway (continued)

Authority (MTA), New York City has 2,047 miles in subway tracks, 8,628 rail and subway cars, and a staggering approximate 8.5 million average weekday riders. In the event of an emergency, the MTA has an evacuation plan to facilitate getting you to a safe place. Your best protection is to remain calm, think clearly, and follow the instructions of the train crew.



Rule # 1: Never pull the emergency break (sort of).



The fact of the matter is that the train's emergency break should ONLY be pulled if the train's movement presents a significant threat to life or limb. For example, if someone has an arm or leg stuck in the train door, the emergency break should be pulled. It is exactly the opposite in the event of a fire, medical emergency, or violence on the train while you are in a tunnel. Pulling the cord is the worst thing you can do at that time. Once the emergency brake cord is pulled, the brakes have to be reset before the train can move again. This will TRAP you on in-between stations with the emergency situation. In the case of fire or violence, this is especially dangerous.

Rule #2: "Stop. Look. Listen."

This mantra, set forth by the MTA, promotes calm situational alertness. It also asserts that regardless of the incident, the safest place is still on the train. This is due to possible electrified railways, your train being on an elevated track, and other trains still running along the tracks around you.

- STOP** Don't try to leave the train without instructions or help from the train crew.
- LOOK** Look for a member of the subway crew and report the emergency immediately.
- LISTEN** It is important that you follow the instructions of the train crew and other transit employees at the scene. They will keep you informed about the emergency in person or through the subway's public address system.

EVACUATING THE TRAIN

An actual evacuation of the train is highly unlikely. If you are asked to evacuate, the train crew will provide you with instructions for one of four evacuation methods.

- **Train to benchwall** - The train crew and other emergency personnel will assist you to the area of the tracks adjacent to the train known as the benchwall and lead you to an emergency exit or station platform.
- **Transfer to a train ahead or behind** - Train crews will assist you in transferring from the train you were riding to another train that has pulled up ahead or behind. You would walk through the cars of the train to enter the replacement train.
- **Transfer to a train alongside** - Train crews will assist you from the train you were riding to another train that has pulled up next to it. A device will be placed

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EMP Disaster and Safety in the subways (continued)

between the trains to enable you to walk across from one train to the other.

- **Evacuating to the trackbed** - Once electrical power has been removed, train crews will assist you in evacuating to the trackbed and lead you to an emergency exit or station platform.

The most important thing to remember is train workers are **TRAINED** for evacuation protocols. **LISTEN TO THEM.**

Note for MTA riders who use Wheelchairs

Some emergencies require that stretchers be used to help riders in wheelchairs leave the train. When this happens, the wheelchairs are removed separately and returned to the owners as soon as possible.



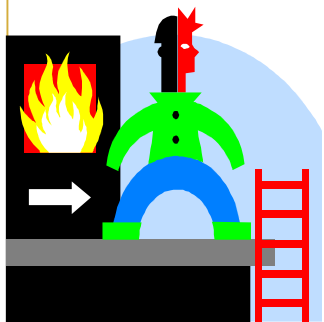
Safety Tips from the MTA in the Event of an Underground Emergency

If you ride the subway often, the MTA offers the following suggestions:

- Avoid rush hour crowds. Should something like an explosion happen, your chances of escape are much higher on off-peak hours, with fewer people at the stations. Try to plan your workday transit an hour before or an hour after the typical rush hour.
- While waiting for trains on the platform, do so away from trashcans and abandoned luggage. Of course, report abandoned luggage to subway personnel or dial 911. Remember the MTA motto: ***If you See Something, Say Something***
- Wait for your train close to a station exit. According to the MTA, this gives you a more readily accessible route to safety in the aftermath of a subway event

Personal Preparedness in the Subway

The MTA also suggests packing a preparedness kit for travel. The kit should include:



- A non-flammable flashlight.
- A smoke & fire escape hood. In the event of fire smoke from burning plastic and rubber is highly toxic. A smoke & fire escape hood can give you up to 20 minutes of breathable air. It protects the entire head area and uses carbon filters to absorb a wide range of toxic chemical elements typically found in smoke.
- Wear sneakers or comfortable travel shoes when traveling.
- Be aware of the direction of the train and how far away (in city blocks) you are from the next station.

For a complete list of MTA evacuation procedures, MTA evacuation methods, and MTA communication abilities available to you as a passenger in distress go to: www.mta.info/nyc/safety/evacuation/home.htm

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Identity Theft

- P. Ciuffo



Dumpster diving shoulder surfing social engineering.... phishing.... these are some of the "techniques" that are used to describe how thieves steal your personal information and your identity. Identity Theft is a



crime punishable by a real sentence in a real prison with none of the holiday trimmings. When someone takes someone else's personal information to apply for credit or establish an account to become that other person they are committing the crime of identity theft.

A recent report from the US Bureau of Justice Statistics indicates that the crime of identity theft has impacted "at least one household member, age 12 or older, in 8.6 million households in the United States during 2010". Locally, complaints of identity theft in New York rose to over 18% over the same 2010 year according to statistics reported by the Internet Crime Center (IC3) of the FBI. Both numbers are staggering! So how do we protect ourselves and Touro from identity theft? Do you simply discard documents that contain financial or personal information in the trash for a dumpster diver to pick up and use to steal your identity? Are you paying attention to who is watching over your shoulder (shoulder surfing) when you enter your pin code at the ATM? Do you give out personal information over the telephone? Do you simply give out personal information based on an email (phishing) request you receive?

From an awareness and educational initiative, there are many organizations that provide information related to safeguards against identity theft; however, the Federal Trade Commission (FTC) pulls it nicely together in a ten minute video that you can watch for yourself at ftc.gov/IDTheft. When you watch the video you will notice that the FTC describes the plan of three D's: deter, detect, and defend. I recently held a Faculty session and was invited to an Enrollment Management meeting to provide a few safety tips on identity theft. Following is a combination of the FTC's three D's and a few additional tips to safeguard your personal information/identity:

To **deter**, or prevent identity theft each individual should safeguard information by:

- Shredding financial documents before putting them in the trash.
- Not giving out personal information in a phone call or an email or on a "Facebook" page or other social network account like a "tweet" in "twitter". Not clicking on any link in an unsolicited email or giving out account information in an email. Pay attention to the security awareness alerts I send out.
- Use strong passwords. Touro's password criteria establishes the strength of passwords and should be followed for all your personal online and email accounts as well.

(see page 14 for tips on creating a strong password).

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INFOSEC Identity Theft (continued)

- P. Ciuffo

- "Remember to update your computer with the most recent operating system and application patches as provided by the vender and ensure that you have anti-virus and anti-malware software installed with signature databases that are up to date.
- If you shop online, remember to check that the site is secure by looking for the "https:" in the address bar and the "lock" graphic at the lower right hand corner of your monitor; if it's not there, leave the site.

To **detect** suspicious activity, some of the things, you should be alert to are:

- Mail or Bills that do not arrive or checks that are late in arriving.
- Unexpected credit card or account statements.
- Calls, emails or letters about purchases you did not make. Emails from friends that are spam like. Call your friend and let them know they may have been compromised and should change their account password immediately.
- You should inspect and review your credit report at least once a year:
- The law entitles you to **one free report** a year from each nationwide credit reporting agency, if you ask for it. Get it and review it by going online to www.AnnualCreditReport.com or by calling 1-877-322-8228.



To **defend** against Identity Theft if you suspect that you are a victim, you should:

- Place a fraud alert on your credit reports and review the reports carefully:
 - Equifax 1-800-535-6385
 - Experian 1-888-397-3742
 - TransUnion 1-800-680-7289
- Close any personal accounts you suspect may be compromised.
- File a police report and report the complaint to the FTC at ftc.gov/idtheft.
- Report compromises that you suspect to Touro managed data immediately with as much information as possible; be specific, and use the incident report found on the it.touro site as your guide. Use the Touro emergency hotline 24 hours a day 7 days a week at 1-88 TOURO911.



And, remember to be aware and stay safe while shopping during the holiday season when your identity is most at risk. If you have any questions or comments you can contact me at Patricia.Ciuffo@touro.edu.



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CAMPSEC Safety Tips during the holiday season

- L. Perez

The holiday season is amongst us and even though this is supposed to be a joyous time, it is also a season for opportunistic crimes. This year crime opportunities have expanded to include restaurants and gym locations. We are providing you with several tips so that you do not fall victim to any crimes during this time.

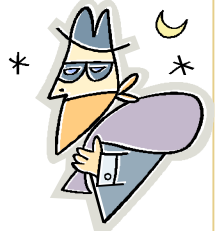
WALKING

The number one crime prevention tip is always be alert to your surroundings. Travel on populated, well lit streets and limit the use of headphones so you can hear if someone follows you.

PICKPOCKETS

Always be aware of pickpockets in crowded spaces such as trains, buses, department stores, long lines, etc.

- * Women should carry their bag close to the body in the bend of the elbow.
- * Men should carry their wallet in the front pants pocket or inside jacket pocket - not in the rear pants pocket.



RESTAURANTS



Always put your bag on your lap when in a restaurant, bar, or coffee shop. Never hang your bag on the back of a chair. Many restaurants now have pocketbook racks near the patrons' table. Although this is a kind gesture, you can easily forget to gather your belongings and if you are engaged in a conversation the contents of your pocketbook may be removed. Remember to never leave your personal property unattended, especially bags, wallets, cell phones and electronic devices. Another scam being conducted in restaurants is the use of your credit card or debit card information. You should fill out the receipts completely, if you are including the tip in your payment indicate the amount and total the bill. Record the same in your receipt. If not draw a line across to prevent any one from adding any information. Never leave your receipt. Shred all receipts after you have confirmed the amount charged is accurate in your billing or bank statement.

CON ARTISTS

Always be aware of distractions, thefts are committed by con artists who trick you and steal your property.

Remember to always trust your instincts. Con artists are cleverer now as they study the intended target and make sure they cover as many points in order to convince you that they are on the up and up.

If you feel something is wrong it probably is.

FRAUDULENT TICKETS, MUSIC CD

Always be aware of counterfeit tickets. Only purchase tickets to theatres, sporting events, concerts, comedy shows, etc. from authorized providers. Be aware of persons in the street offering a free music CD. They state they are artists and will demand donations.



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CAMPSEC Safety Tips during the holiday season (continued)

- L. Perez

They usually promote a particular CD and once you arrive at home your CD is blank or not the product you were really attempting to purchase.

CELL PHONES AND ELECTRONIC DEVICES

Always keep your cell phone and other electronic devices out of sight to prevent a thief from grabbing your cell phone and running away. This is occurring more frequently on buses, trains and sidewalks especially with our young adults.

ATM



Always be wary of someone offering to help you to use an ATM and always be sure to close out of all screens before leaving. Be aware of ATM skimmers that can be installed on ATM card readers which can collect your card information these are usually placed on top of existing ATM card readers-if it looks odd, don't use the ATM, go to another one. Skimmers are less likely to occur when you choose an ATM that is in a well-lit location and monitored with security cameras, such as in a bank lobby. Take your receipts with you and shred them. Make sure you put away your currency, bank card and secure you wallet or pocket book before exiting the bank.

NIGHT CLUBS

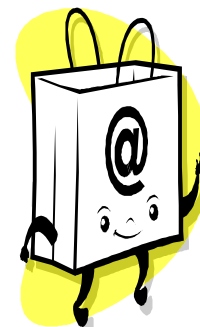
Always be cautious if a stranger offers you a drink especially if you were not able to observe the drink being prepared. Never leave your drink unattended. If you are drinking excessively call someone to pick you up, call a cab or travel with a designated driver.

FITNESS CLUBS

Always remember gyms lockers are not intended to secure high value items. Ask if the club has special lockers for valuables. Never leave your locker open and unattended even for a brief period. Report suspicious persons to front desk attendant.

INTERNET SHOPPING

We cannot stress how important it is to be cautious of the site in which you are making your purchases from. Make sure when you're making a payment that the site is a secured site. Always check your receipt against your payment method. For example if you pay by either credit card or bank card assure that the receipt equals the payment. For packages being received at home, plan for the delivery to take place when you or someone is home to accept the package. Make sure the package(s) you are accepting are expected or that you know the person who sent the package(s) to you. If you receive a suspicious package please contact 911 and do not open the package.



COUNTER TERRORISM

Report all suspicious activity to 1-888-NYC-SAFE (1-888-692-7233). IF YOU SEE SOMETHING, SAY SOMETHING.

EMERGENCY SITUATIONS: CALL 911

NON-EMERGENCY SITUATIONS CALL 311

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EMP HEALTH WATCH: WHOOPING COUGH

- S. Yehudah

I recently sent out a health notice to all employees regarding the increase in the number of whooping cough cases this year in the New York area. I have included it below for those of you who may have missed the email.

Health officials from the Suffolk County Department of Health have reported an outbreak of pertussis (whooping cough) on Long Island. The areas include, but are not limited to, Hauppauge, Northport, West Islip, Lindenhurst, Huntington and Babylon. Although much of the focus of the outbreak has centered around schools, non-students have also been treated for the bacterial infection.

Symptoms

Pertussis can cause serious illness in infants, children and adults and is very contagious. It can cause violent and rapid coughing, over and over, until the air is gone from the lungs and you are forced to inhale with a loud "whooping" sound. This extreme coughing can cause you to vomit and be very tired. The infection is generally less severe in teenagers and adults, especially those who have been vaccinated. In its early stages, pertussis appears to be nothing more than the common cold and is often not suspected or diagnosed until the more severe symptoms appear. Infected people are most contagious during this time, until about 2 weeks after the cough first begins. Antibiotics may shorten the amount of time someone is contagious.

Early symptoms can last for 1-2 weeks and usually include:

- Runny nose
- Low-grade fever (generally minimal throughout the course of the disease)
- Mild, occasional cough
- Apnea - a pause in breathing (in infants)
- As the disease progresses, the traditional symptoms appear and include:
 - Fits of many rapid coughs followed by a high-pitched "whoop"
 - Vomiting
 - Exhaustion after coughing fits



Pertussis Vaccine Protection

There is high vaccine coverage for children nationwide. However, protection from the childhood vaccine fades over time. Adolescents and adults need to be revaccinated, even if they were completely vaccinated as children. Pertussis vaccines are very effective, but not 100% effective. If pertussis is circulating in the community, there is still a chance that a fully vaccinated person can catch it.

The vaccine is 100% covered as preventative treatment under Touro's health insurance coverage. For additional information on pertussis, its symptoms and treatment, please go to www.cdc.gov/pertussis.

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EP*I*C*S

Akados: a secure way to save on textbooks

- G. Halpern

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Akados is currently partnered with the School of General Studies and School of Health and Science (Bayshore) Touro campuses and has already saved Touro's students over \$86,000, as students save an average of 60% on their textbooks when they shop on Akados' marketplace.

INFOSEC

Tip on creating a strong password

- P. Ciuffo

The beginning of each new year is a good time to review and change any account passwords that do not automatically expire. Remember that when you pick a password, it should be a strong one. Strong meaning 8 to 10 in length and contain upper and lower case letters, numbers, and special characters. Need help? Follow the steps:

- Step 1: Think of a sentence like a nursery rhyme that has special meaning to you.
- Step 2: Take the first letter of each word in the sentence or nursery rhyme.
- Step 3: Capitalize the first letter and substitute a 3 for every "e".
- Step 4: Put it together! You now have a strong password you can remember.



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OEM WATCH

New York and the Metropolitan Area

New York City Office of Emergency Management

165 Cadman Plaza East, Brooklyn, NY 11201

Ph: (718) 422-4888

Web Page: www.nyc.gov

California (Solano County)

Solano County Office of Emergency Svcs

530 Clay Street, Fairfield, CA 94533

Ph: (707) 784-1600

Web Page: www.co.solano.ca.us

California (Los Angeles County)

Los Angeles County of Emergency Services Management

1275 N. Eastern Avenue

Los Angeles, CA 90063

Ph: (323) 980-2261

Web Page: lacounty.gov

Nevada

Nevada Office of Emergency Services

10014 North Bloomfield Road

Nevada City, NV 95959

Ph: (530) 265-7000

Web Page: www.mynevadacounty.com

Email: oes@co.nevada.ca.us

Florida

Miami-Dade Department of Emergency Mgmt

9300 NW 41st Street

Miami, FL 33178

Ph: (305) 468-5400

Web Page: www.miamidade.gov

Email: oc@miamidade.gov

FYI

Touro's Title IX Coordinator is Roberta Jackson.

Contact Roberta at : (212) 463-0400 x 5163.

FYI

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