



Touro College & University System

Emergency Preparedness * Information Security * Campus Security
EP*I*C*S AWARENESS Quarterly

EXTRA! EXTRA

The new year is here and we are excited to present you with our expanded edition of the EPICS newsletter. We packed this issue with many takeaways for you and your families. Campus Security brings you an in depth look into the Clery Act, Emergency Preparedness presents you with an opportunity to start the new year with a win, and Information Security tries to get social with you. Enjoy the newsletter and Happy New Year!



As always, comments can be sent to epicsnews@touro.edu.

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CAMPSEC: "See Something..."



See something.
Say something.

Across the nation, we're all part of communities. In cities, on farms, and in the suburbs, we share everyday moments with our neighbors, colleagues, family, and friends. It's easy to take for granted the routine moments in our every day—going to work or school, the grocery store or the gas station. But your every day is different than your neighbor's—filled with the moments that make it uniquely yours. So if you see something you know shouldn't be there—or someone's behavior that doesn't seem quite right—say something. Because only you know what's supposed to be in your

everyday. Informed, alert communities play a critical role in keeping our nation safe. "If You See Something, Say Something™" engages the public in protecting our homeland through awareness-building, partnerships, and other outreach.

Resource available:
Department of Homeland Security website:

<http://www.dhs.gov/see-something-say-something>.



EMP: Quick Win Prize

The first three people to email epics.news@touro.edu with the correct definitions for the terms below will win an awesome prize related to Emergency Preparedness. Definitions must be exact to qualify. GOOD LUCK!

- FLOOD WATCH
- FLOOD WARNING
- FLASH FLOOD WATCH
- FLASH FLOOD WARNING



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EMP News: Flood Preparedness



Did you know that floods are the #1 natural disaster in the United States? In fact, in the past 5 years, all 50 states have experienced floods or flash floods. Even though hurricane season is almost over, it is still important for you to think about flood preparedness. Preparing now will also help you to survive the spring rains after the winter is over. The following checklist will help keep you afloat even if the worst happens.

BEFORE THE FLOOD

- ◆ Review your Family Emergency Plan with your family members. Establish your emergency communication method, meeting place, and an emergency point of contact out of state.
- ◆ Have your Emergency Kit ready; be prepared to take all cell phones and chargers
- ◆ Evaluate your local area's Flood Risk plan and "Know Your Flood Zone"
- ◆ Contact your insurance agent to confirm your flood insurance coverage
- ◆ Take time to prevent the release of dangerous chemicals that might be stored on your property. Locate the gas main and electrical shut-offs; anchor all fuel tanks
- ◆ Postpone any deliveries you may be expecting
- ◆ Keep an accurate record of your belongings - appliances, electronics, etc
- ◆ Use plugs to prevent floodwater from backing up into sewer drains; erect flood proof barriers
- ◆ Stay tuned to local media and evacuate when required

AFTER THE FLOOD

- ◆ Listen for news reports to learn whether the community's water supply is safe to drink
- ◆ Avoid floodwaters; the water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.

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EMP News: Flood Preparedness

- ◆ Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- ◆ Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

FLOOD PREPAREDNESS - NEW INCIDENT MANAGEMENT SIGNS

Incident management signs are a specific type of Temporary Traffic Control (TTC) sign deployed in response to short-term events which block the normal flow of traffic such as accidents, natural disasters, hazardous material spills or other unplanned incidents. The National Weather Service (NWS) and Federal Highway Administration (FHA) have begun a campaign to raise motorists' awareness of the dangers of driving in flood conditions.

Turn Around, Don't Drown

Each year more deaths occur due to flooding than from any other thunderstorm related hazard. The Centers for Disease Control (CDC) reports that over half of all flood related drowning occur when a vehicle is driven into hazardous flood water. The next highest percentage of flood-related deaths is due to walking into or near flood waters. People underestimate the power and force of water. Many of the deaths occur in cars as they are swept downstream. Many drownings are preventable, but too many people continue to drive around the barriers that warn you the road is flooded. A mere 6 inches of fast-moving flood water can knock over an adult. It takes just 12 inches of rushing water to carry away a small car, and 2 feet of rushing water can carry away most vehicles. It is NEVER safe to drive or walk into flood waters.

The FHA has encouraged the use of the slogan "Flooding Ahead Turn Around Don't Drown" as the official incident management road sign warning drivers of a possible flood danger ahead.

The yellow incident management warning sign shown to the right will be displayed whenever the possibility of flooding is high, or the onset of flooding will be rapid.



The pink incident management sign (to the right of this paragraph) will be used at locations where stream or river waters flooding across a road have made passage dangerous. You will find it at a road which dips down to the level of a stream or river, or a bridge which cannot pass high flood flows.



The NWS is working with officials in local areas to promote the use of these signs to save lives and property, so if you haven't seen them yet, you will see them shortly.

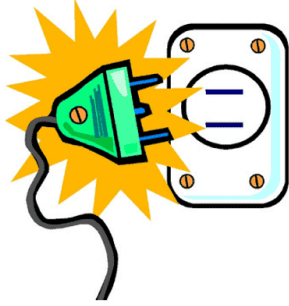
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EMP: Power Outages : Extreme Weather

ELECTRICITY



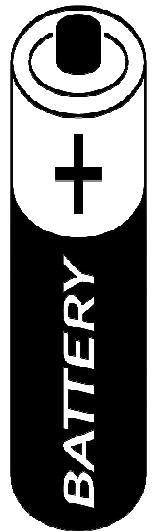
We rely on electricity and other utilities for survival, so when we lose power it's a major problem. A power outage compounds the impact of a natural disaster; a failure of the electrical grid can affect everything from water treatment to public health. Changes in water availability can curtail certain forms of energy production. In the case of a flood, a rise in sea level, extreme storm surge events and high tides can affect the infrastructure on which many energy systems depend.

Power outages can happen anywhere; sometimes for a few hours and sometimes for several days or more. Do you and your household have what you will need when the power goes out? The first step is to take an inventory now of the basic items you need that rely on electricity. You can walk around your home and identify any items that are plugged in and/or use batteries.

Alternative Power Sources



- ◆ For each device contact the manufacturer, use product information, or consult a medical professional (for medical devices) to find out any special requirements for the types of batteries and methods for recharging.
- ◆ Ensure you have extra batteries for any device that can run on battery power. Find out the average battery life for battery powered devices and consider getting rechargeable low, self-discharge, LSD batteries and a charger for them. These batteries keep a charge much longer in storage than traditional batteries.
- ◆ If you have a car, keep it at least half full of gas and you'll have a good method for charging devices in an emergency, or move to a location with power. Consider purchasing an inverter and USB car charger. If using the car for recharging devices, DO NOT keep the car running in a garage, partially enclosed space, or close to a home as this can lead to carbon monoxide poisoning.
- ◆ Consider purchasing hand-crank and solar-powered chargers.
- ◆ If you have essential devices or systems that cannot run using batteries, plan to move temporarily to a location with power or consider purchasing a generator that can run these devices.
- ◆ Plan to always keep the generator outdoors. Never use a generator or gasoline powered equipment indoors, or in any partially enclosed area. These items should also never be used within 20 feet of a window, door or vent. Use manufacturer supplied cords, or use extension cords that are grounded. The generator should be kept dry; identify a location to keep it protected from weather.



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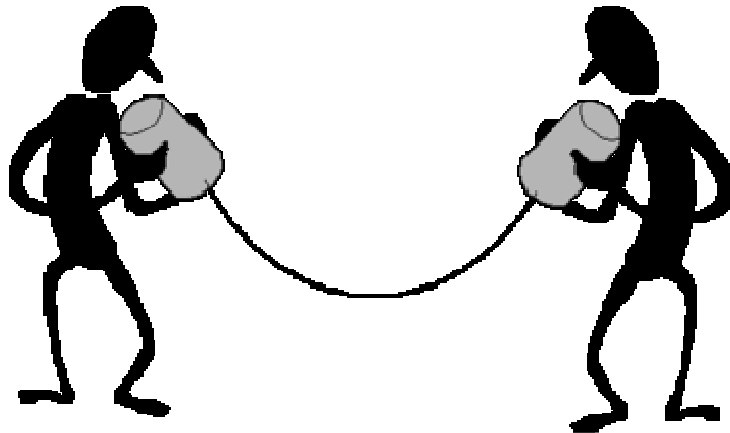
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EMP: Extreme Weather Continued

Communications

How will you communicate and receive information during a power outage? Do you have a back-up plan for radio? What type of telephone service and telephones do you have?

- ◆ Radios - Keep a battery or hand-crank powered radio/NOAA weather radio and back-up batteries to receive updates on the outage and related emergency messages.
- ◆ Phones - Many phones, even some analog phones, require back-up power. The length of back-up time varies depending on the battery and on the power to the main system outside the home.



- ◆ Cell phones - Keep extra wall and car chargers for cell phones and back-up batteries. Smartphones use more power than old cell phones. You can take your old cell phone (you know that flip phone you've kept in the drawer for forever) for emergency calls as long as the battery is charged.

- ◆ Cordless - Cordless phones require power. Keep a phone that has a cord available for emergencies. Some cordless models are equipped to use batteries or a battery pack for base power back-up.

If you or anyone in your household depends on medical devices that are powered by electricity, this is a first priority. Talk to your medical equipment company to find out what will happen to your equipment during a power outage. Here are some questions you should ask:

- ◆ Can a power surge cause my device to stop working? If yes, what type of surge protector do I need?
- ◆ Does my device have a back-up system? If so, how long will it operate and where is it located?



- ◆ Can my device operate on another power source? If yes, what type?
- ◆ How long will my device work if it does not have power?
- ◆ How is my device affected by changes in temperature?
- ◆ How do I switch my device from electric power to battery power?
- ◆ Are there manual alternatives available for my device?

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EMP HEALTH WATCH - FLU SEASON

During the winter we are accustomed to having to delay travel plans - remember the movie Planes, Trains and Automobiles? But have you ever heard of delaying the flu season? That's right folks, this year's flu season has been delayed due to the unusually warm weather we've been having. As it turns out, one of the reasons we spread the flu virus so easily is because viruses stay longer in the air when the weather is cold and fall to the ground when the air is warm; which is why it is rare to catch the flu during the summer months. Who knew?! So, if you haven't gotten your flu shot yet, there is still plenty of time.



This helps to prevent others from catching your illness.

- ◆ Cover your mouth and nose with a tissue, or use the crook of your elbow when coughing or sneezing. Sneezing without covering can shoot

germs as far as 3 feet away.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against flu. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests will cause the most illness during the upcoming flu season. In addition to getting vaccinated, you can take everyday preventative actions to fight against flu.

- ◆ Avoid touching your eyes, nose or mouth. Think about how many people held on to the same pole on the subway that you did, or the number of people who got water at the water cooler in the last hour. You do not want to give those germs access to your eyes, nose or mouth.
- ◆ Practice good health habits. Many times we fall ill because our system is rundown. Be sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.
- ◆ Clean your hands. Washing your hands or using hand sanitizer often will help protect you from germs. After exiting the train, or using the water cooler remember to use hand sanitizer then you won't have to worry as much about those pesky germs.

- ◆ Avoid close contact with people who are sick. If you get sick, keep your distance from others to prevent them from getting sick too.
- ◆ Stay home when you are sick. This can be tough if you do not have sick days, however you must stay home from work, school and errands when you are sick.

If you get sick with the flu, there are prescription antiviral drugs that can be used to treat the illness. Studies show that prompt treatment with antiviral drugs can prevent serious flu complications for people at high risk.

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EMP HEALTH WATCH : Hand Hygiene



Here's a refresher on how to wash your hands:

- ◆ Wet your hands with warm water and apply soap.
- ◆ Rub hands together to make lather and scrub the inside and outside of your hand.
- ◆ Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- ◆ Rinse hands well under warm, running water.
- ◆ Dry your hands using a paper towel or air-dryer. Use your paper towel to turn off the faucet.
- ◆ If soap and water are not available, use alcohol-based gel to clean hands.

EMP : Preparing for Winter Travel

According to the AAA (American Automobile Association), a record breaking 100 million holiday travelers were expected to hit the roads during the holiday season. Prepare for travel during the holiday season and throughout the year by taking a few simple steps:

Prepare your Phone - Enable the "emergency alerts" feature on your smartphone to stay informed in case of an emergency while you are driving. Weather emergency alerts are geographically based, so this will be especially useful if you are traveling to a place where you may not be familiar with the local radio or TV stations.

Prepare for an Emergency - Make sure you have quick and easy access to contact information and insurance details. You can download the ReadyNYC Emergency Plan app in the iTunes and Google play stores to help keep all of your emergency contact information handy in one place.

Prepare your Car - If you are planning to travel by road, prepare a simple go-bag for your car with water, blankets, and other emergency tools. It will come in handy should you get stuck on the highway due to snow or sleet. Also see the tips on the next page from Campus Security.



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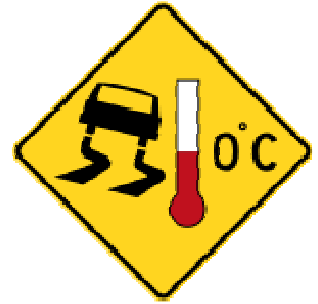
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CAMPSEC : Winter Travel Tips

Winter Traveling: listed below are a few car safety tips for you to follow as we enter the winter months:

- ◆ Always inspect your brakes, hoses, belts, and wiper blades.
- ◆ Tire Pressure on all four tires including your spare tire.
- ◆ Tire Threads-replace any tires with less than 3/32 inches of thread.
- ◆ Check all fluids. Oil, Antifreeze, Windshield Cleaner (for low temperatures).
- ◆ Battery Cables should be connected tightly and free of corrosion.
- ◆ Always make sure you have an emergency kit. Include water, shovel and a blanket in your kit.
- ◆ Obey the speed limit. Also be aware of Black Ice conditions.
- ◆ Check your seatbelts. Look for any wear, rips, fraying or cuts.



CAMPSEC : Training and Reporting Update



Touro's Annual Security and Fire Safety Report is now available on our website and our portal page. Please take the time to review this year's report.

In addition, Campus Security has launched the following two programs:

- ◆ 360 Stay safe-This past Fall Semester all new students and staff should have received a link that required them to complete a 90 Minute Safety Training; if you did not please log on to the portal where you can access the link directly. All our existing students can access this training via the Mytouroportal portal site, and all existing Staff can access the training via the Touroone portal site.
- ◆ Incident reporting-the entire Touro Community can now submit an incident report via email to SecurityIR@touro.edu The email will be received by the campus security department and will be addressed accordingly.

Remember, if you see something, say something!



**See something.
Say something.**

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CAMPSEC : The Clery Act in Detail

The [Clery Act](#) applies to institutions of higher education and is confined to campus crimes, which occur on campus, adjacent to campus, or off-campus when associated with the institution. The Clery Act was expanded in 2013 with the reauthorization of the Violence Against Women Act (VAWA); accordingly, the [Campus SaVE Act](#) is now a part of colleges' Clery obligations. This issue of EPICS includes a summary of the Clery Act and some of its requirements to apprise you of the actions that are taken by institutions of higher education to ensure a safe environment.



1. Recording Campus Crime Statistics

All reported campus crimes are recorded in a Daily Crime Log and an Annual Security Report, whose location may be found on your school's website. Daily Crime Logs must be updated internally within 2 days of a report (unless it would jeopardize an ongoing police investigation). An Annual Security Report is released each October and contains the last three years worth of reported crimes occurring on campus.

The Clery Act requires a college or university that receives a report of a campus crime to initiate an investigation. The college or university will not release identifying information about a victim. Clery Act crime reports include only the date of the report, the date of the crime, and the general location.

2. Timely Warnings

Whenever there is a campus crime that presents an *ongoing threat to the campus community*, colleges and **universities** must provide a timely warning to the community with information to prevent similar crimes.

3. Policies on Crime

Every year colleges and universities must provide an Annual Security Report detailing campus policies on the following topics:

- How a school works to prevent crimes
- Who should receive crime reports on campus
- How a school issues a timely warning
- What campus procedures are followed when a crime is reported
- What remedies and accommodations may be available to victims
- What the campus disciplinary process entails

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CAMPSEC : The Clery Act in Detail continued

4. Victim Rights

Any student or employee who becomes a victim of dating violence, domestic violence, sexual assault, or stalking (whether on or off campus) should report the incident immediately and will receive an explanation of their rights and options for proceeding.

5. Policies on Prevention Education

Colleges and universities have a policy in their Annual Security Report about primary education and awareness programs for *incoming* students and employees, as well as *ongoing* prevention and awareness campaigns.

Program and campaign topics:

- Prevention of crime
- Campus security procedures and practices for personal safety
- Prohibition of dating violence, domestic violence, sexual assault, and stalking
- Definitions of dating violence, domestic violence, sexual assault, and stalking
- Definition of consent for sexual activity within the local jurisdiction
- Bystander intervention including safe and positive options to prevent harm or intervene when there is a risk

Risk reduction to recognize warning signs of abusive behavior or potential attack

6. Protection Against Retaliation

The Clery Act protects against retaliation by an institution, officer, employee, or agent of an institution for exercising their rights under the Act. Retaliation includes intimidation, threats, coercion, discrimination, or any other form of retaliation.

7. Disciplinary Procedures

Colleges and universities need to have a policy that includes campus disciplinary proceedings (from investigation to the hearing to the final resolution) for dating violence, domestic violence, sexual assault, and stalking. These proceedings will be prompt, fair and impartial.

How Do I Report a Clery Act Violation?

You contact Touro's Office of Institutional Compliance, Touro's Office of Campus Security or Touro's Human Resources department should you have any questions or feel that you need to report an incident.



Also, should you wish to review the policies

outlined above in more detail, Touro's Annual Security Report can be found at:

<https://www.touro.edu/departments/campus-security-department/clery-reports/2015-Annual-Security-and-Fire-Safety-Report.pdf>.

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INFOSEC Update: Targeted Attack Protection

NY Touro.edu is strengthening its defense against phishing emails. Currently, when a spam or phishing type email message is sent to users in the touro.edu domain the email message is caught at the domain gateway and placed into quarantine. Users receive a daily "End User Digest" email of all messages caught in quarantine. The users can then manage the messages caught by releasing them (if they are legit) or allowing them to stay (if the messages are not legit) in the quarantine until they expire. This method of quarantining a message works for the majority of email messages that are sent in bulk for phishing purposes, but does not capture email messages that are customized to target individuals and groups of individuals with privileged access or who hold privileged positions. The risk and reward is greater with these targets. Information Security has been working to solve this specific targeted email attack since this type of targeted attack can be very damaging.



Beginning in the first weeks of January, we will be activating targeted attack protection for email coming into the touro.edu domain. What this means is that anyone with a touro.edu email address will soon be able to breathe a little easier because we will be adding extra protection against emails that contain malicious URLs and attachments. Specifically, emails that are sent to a touro.edu account with a URL will have the URL rewritten and the URL will begin with "https://urldefense.proofpoint.com" so the user will know the URL was scanned for cleanliness. IF a URL that is malicious gets through to the user and the user clicks on the URL, they will see a warning page that looks something like this:



Web Site Has Been Blocked!

The web page you are attempting to access has been classified as malicious. This classification is determined by direct analysis of the web page. Although an entire web site may be blocked as malicious, it is very common for a single page on a valid web site to be blocked.

Your organization has enabled this technology to protect you, your system, and the organization from harm. Blocked pages contain material such as:

- Credential Theft: A page may be designed to look like a valid financial institution, a well-known organization, or an otherwise trusted source. The page is requesting a login and/or password for malicious purposes.
- Malware: A page may contain files or other malicious material which are intended to harm your system or organization. The malicious material may contain a virus, an installation program, or it may expose a vulnerability in a program which exists on your system.

More information will be provided in the coming weeks, but if you have specific questions, send them to information.security@touro.edu and a member of the team will get back to you as quickly as we can.

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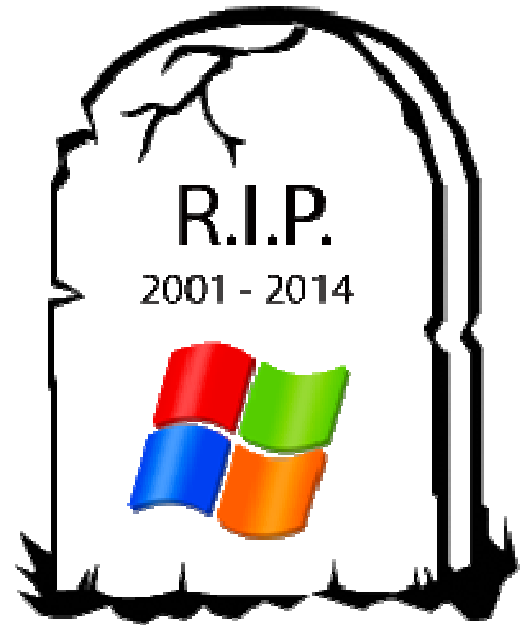
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INFOSEC : OS End of life?

Is your computer's operating system (OS) up-to-date? Well, maybe, you should check the support policies of the software vendor to be informed of which operating systems will be newly released, still currently supported, or at the end of its support cycle.

Just to be clear, support, refers to the functionality provided between or among products, programs, devices, modes, or accessories, and the assistance provided to technicians and end users concerning the computer hardware, OS, and software applications by vendors. An OS that's supported by the vendor will have continuing updates for security patches, software applications, etc. When an OS is at the end of its support life, there's an increased risk in security exposures leading the end user to be an easy target for software vulnerabilities, attacks, threats, malware, viruses, and intrusions.



Let's talk about the support policies of a commonly used OS for workstations, Microsoft Windows. I do not go into detail about Microsoft Windows support policies for each of their OSs but the website: <http://windows.microsoft.com/en-us/windows/lifecycle> lists Microsoft's support policies. I want to highlight that in April 2014, Microsoft Windows ended their support for Windows XP. This means that any Windows XP workstation is currently vulnerable and any user that uses these out of date machines are susceptible to security exposures while they continue to use it. These workstations should be upgraded. Possible options for upgrades are to any OS that is currently supported with the latest security updates by Microsoft such as Windows 7, Windows 8, or Windows 10 (just released in July 2015). I caution that there are also obstacles to upgrading, however.

One such obstacle is your hardware. Is your hardware getting old? Old hardware may have compatibility issues with currently supported or newly released OSs. The hardware for Windows XP is old and incompatible with newer Windows OSs. The old hardware must also be swapped out and replaced with new hardware before performing an upgrade. I recommend backing up all important and necessary documents, files or folders before replacing any hardware to perform the upgrade. And remember, after performing an upgrade, download the latest version of antivirus software. From a security perspective, all efforts must be made to prevent security threats and exposures.

Microsoft procedures for upgrading are mature and easily available, but, what if you own a MAC? Apple's MAC OS X is another OS that is commonly used for workstations. A major difference between Microsoft and Apple is that

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INFOSEC : OS End of life? Continued

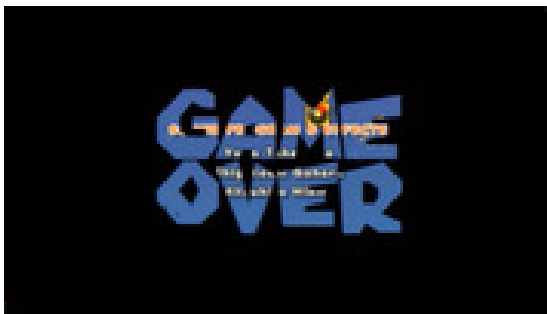
Apple does not advertise its support policies to the public; all MAC users have to guess when their operating system will be discontinued. Apple says (on its website forums) that they provide support for the device, not the OS, but the OS can still become obsolete. By reviewing the Apple website forums, we were able to determine the current OS X Support Lifespans:

- the MAC OS X 10.6: "Snow Leopard" was released in August 2009 and its last security update was 49 months after the OS was released.
- the MAC OS X 10.7: "Lion" was released in July 2011 and its last security update was 38 months after the OS was released.
- the MAC OS X 10.8: "Mountain Lion" was released in July 2012 and released its final security update in September 2015.

If Apple continues the trend above, it can be assumed that the support policy for OS X security updates will last about 3 years.



What does this mean for Snow Leopard, Lion, and Mountain Lion end users? It means that users that choose not to upgrade may be prone to security exposures such as malware and other types of vulnerable attacks. It also means it's time to consider upgrading to MAC OS X 10.9: "Mavericks", MAC OS X 10.10: "Yosemite", or MAC OS X 10.11: "El Capitan". But remember, check your hardware first before trying any upgrade because it may not be compatible. And always remember after performing the upgrade, to download the latest antivirus software! Viruses don't just happen to Windows users regardless of what Apple users say, they can also happen to a Mac workstation. Make sure your OS and security software is up-to-date.



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INFOSEC : Social Media Safety Tips



Social media sites like Facebook, LinkedIn and Twitter allow users to share thoughts and interact with large groups of people so the concept of social media and privacy is not a simple one. There are many risks associated with interacting on social media sites and lack of privacy is just one of them.

Even though social media sites offer the ability to lock down privacy settings, the options are generally not easily understood and change frequently, often without notice. The result is something you thought was private is actually public. And, while the social media site itself can be at fault, most times, the

privacy of your posts is left in the hands of the people you share them with—the more friends or contacts you have or share with, the more likely your "private" information will become public. The bottom line is that while you should turn on the privacy options, you should also take other precautions. With that in mind, the following are some precautions you can take to provide some protection when using social media:

- Use strong unique passwords and don't share your password with anyone. But don't stop there, if the social media sites provides two-step verification - many now do - enable it. And, never use your social media account credentials to log in to other sites; if it gets hacked, then all of your accounts are vulnerable.
- Turn on privacy settings. Yes, with all of the above said about how you can't rely on the settings, you should still review them and turn them on wherever possible. Pay attention to location settings and make sure you know how that "option" works - there will be times when you don't want the world to know where you physically are; like away from your house with your family for a week vacation—very burglar inviting! And, remember to periodically go back and check your option settings to make sure they are still set appropriately.



- Enable the secure connectivity options. Some social media sites, like Twitter, use HTTPS encryption as their default setting to secure online connections to their site. Other sites require you to manually enable HTTPS. Check each social media account setting and enable HTTPS as the default connection.



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INFOSEC : Social Media Safety Tips Continued



- Monitor what your family and friends post about you and if they post something you are not comfortable with, ask them to take it down. Hopefully they will understand and comply with any request to remove unwanted postings, but if they refuse or ignore you, contact the social media site and ask the site to remove the content for you.

- Only download mobile apps from trusted sites. Untrusted sites could provide apps that are malicious.
- If you use your smartphone to connect to social media sites, make sure it is protected with a strong password that is different from the social media site password. You want to prevent a situation where you lose or leave your smartphone unattended and someone picks it up and accesses your social media sites and starts posting as you.



Always be careful with suspicious links or scams posted on social media sites. Fraud is spread through social media sites simply because of the number of people that can be exposed to it. Just because a message is posted by a friend does not mean that message is really from them; their account may have been compromised. Always use a second means of communication to validate something that doesn't seem right to you. Remember that you know your friends and family better than someone else does so you are in a better position to monitor for posts or emails that don't look right.

Always Interact Safely!



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EMP: OEM Watch

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Web Page: www.nyc.gov

California (Solano County)

Solano County Office of Emergency Svcs
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Web Page: www.co.solano.ca.us

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