



Touro College

Emergency Preparedness * Information Security * Campus Security
EPICS AWARENESS Quarterly

EXTRA! EXTRA

Welcome to the Fall 2014 issue of EPICS! This issue comes to you with information on practicing good health from Emergency Preparedness, tips on staying safe from Campus Security and top three things you can do to stay safe while using mobile apps from Information Security.

As always we would like to hear from you on any ideas you may have for future issues and your thoughts on the newsletter in general. Drop us a line at epics.news@touro.edu. And remember, we are always looking for writers! Enjoy!

	Volume 6, Issue 1	September 2014
In this issue:	Emergency Preparedness (S. Yehudah)	Campus Security (L. Perez)
	EMP: National Preparedness Month 1-2	CAMPSEC: National Campus Safety Month 6-7
	EMP: December is Hand Hygiene month 2	Information Security (P. Ciuffo)
	EMP Carbon Monoxide Safety 3	INFOSEC: Mobile App Security 8
	EMP CPR AND Fire Extinguisher Training 4	INFOSEC: National Cyber Security Awareness 9
	EMP: Flu Season 5	EPICS FUN PAGE 10
EMP: OEM Watch 11		

EMP: National Preparedness Month

JOIN THE PREPAREDNESS EFFORT
EMERGENCY RESPONDERS NEEDED



WE WANT YOU!

Citizens across the U.S. are joining with their local, state, and federal governments to help make their communities more disaster resilient. Touro needs your help in making our community more disaster resilient, as well. A crucial element of fire safety is having personnel available to guide people during an evacuation. Employees across Touro have volunteered to become Emergency Evacuation Coordinators (EECs) and Searchers at various locations, but so many sites are lacking enough people to fill these positions. If you are interested in helping your students, colleagues and yourself - please contact me at shoshana.yehudah@touro.edu or contact Kris Ledins at kris.ledins@touro.edu. We are looking for EECs, Searchers, and partners for people with limited mobility.

(continued on next page)

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EMP: National Preparedness Month Continued

September is National Preparedness Month and cities all across the country are planning events to raise awareness among citizens about the importance of being prepared for crises or disasters. Touro College in New York is a **Partner in Preparedness** with the NYC Office of Emergency Management (OEM) and during September we held two Emergency Preparedness Fair Days, at the Avenue J and Main campuses. Attendees received information about explaining preparedness to children, making a family emergency plan and hurricane preparedness information. A seminar was held to teach participants about the latest progress in emergency preparedness at Touro, and 10 employees are the proud owners of an emergency kit. [Congratulations to our Winners!](#)

Congratulations!



RAFFLE WINNERS

* Maurice Diop	* Brent Cutler
* Milton Schiffenbauer	* Avery Horowitz
* Sergio McKenzie	* Steve Gradman
* James Millner	* David Odangla
* Beth Harris	* Henry Goodman

- S. Yehudah

EMP: December is Hand Hygiene Month

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

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



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EP*IC*S AWARENESS Quarterly

EMP: Carbon Monoxide Safety

Often referred to as the “silent killer”, carbon monoxide is an invisible, odorless, and colorless gas which develops when fuels (such as wood, coal, gasoline, heating oil, propane, methane, etc.) are burned. Many people in the United States die every year as a result of carbon monoxide poisoning and most of them never see it coming.

While carbon monoxide related emergencies can occur year round it is important recognize that during the fall and winter months the probability rises due to an increase in the use of home heating equipment such as; fireplaces, furnaces, and oil/natural gas burners. Despite extensive safety features associated with modern heating systems it is still crucial to annually service any oil/gas burners, and have fireplaces/chimneys cleaned by trained professionals.

In addition to servicing home heating equipment, installing carbon monoxide detectors throughout your home can provide another line of defense should a carbon monoxide related emergency arise. Carbon monoxide detectors can be purchased as standalone units or integrated with other centralized systems, such as a fire alarm and/or security system. Standalone carbon monoxide detectors typically range between \$25 and \$100; however detectors that are integrated into centralized systems can exceed that amount.



While carbon monoxide detectors are valuable pieces of equipment it is important to understand that carbon monoxide detectors might not necessarily detect smoke conditions. It is for this reason that it is critical to purchase either smoke and carbon monoxide detectors (as separate units) or a single combination smoke/carbon monoxide detector.

Just as with smoke detectors, proper positioning of carbon monoxide will ensure early detection of hazardous conditions. Since carbon monoxide is

only slightly lighter than air, carbon monoxide detectors can be placed near the floor. Most are typically positioned near the ceiling and/or directly above doorways with smoke detectors. When installing a carbon monoxide detector make sure to follow the manufacturer’s recommended guidelines for installation, use, and maintenance so as to ensure that you are well protected.

In the event that you or someone else becomes exposed to carbon monoxide it is essential to recognize and understand the symptoms of carbon monoxide poisoning. Carbon monoxide poisoning occurs when the carbon monoxide enters the lungs and blood where it competes with oxygen normally carried by red blood cells. Since carbon monoxide attaches to red blood cells 200 times easier than oxygen red blood cells will become saturated with carbon monoxide rather than oxygen and cells will eventually begin to die.

Exposure to carbon monoxide can produce flu-like symptoms such as:

- Headache
- Nausea
- Dizziness
- Confusion
- Sleepiness
- Fainting
- Blurred vision



And at high levels symptoms may include:

- Unconsciousness
- Death

If you suspect that you and/or others have been or currently are exposed to carbon monoxide get out of the house as quickly as possible, call the fire department from a safe location, and seek medical attention immediately if you have symptoms.

Safety Tip:

Make sure all air discharge vents from your home are clear of snow and debris to prevent carbon monoxide from backing up into your home.

DID YOU KNOW???

Leaving your car running in an enclosed space, such as a garage, can cause lethal levels of carbon monoxide to build up and enter other adjoining areas.

K. Ledins



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EMP: CPR and Fire Extinguisher Training



The Department of Emergency Preparedness is pleased to announce that the initial rollout of the new CPR and Fire Extinguisher Training programs has been a huge success!

The instructors for both programs are Kris Ledins, Senior Emergency Coordinator and Amy Toole, Environmental Health and Safety Specialist. We held our pilot training in July for the Lander College for Women dormitory RAs, teaching all the ladies how to use a fire extinguisher and also certifying them in American Heart Association Heartsaver Adult CPR/AED. Since July, over 30 people have successfully completed fire extinguisher training and over 30 people have also been certified in CPR. Most of those participants took advantage of the trainings held during two Emergency Preparedness Fair Days held on September 10th at the Avenue J campus and September 17th at the Main Campus on 23rd Street. The three hour Heartsaver CPR/AED course follows the guidelines of the American Heart Association (AHA). What makes this course different than

previous ones offered are the brand new training manikins, complete with indicator lights. These indicators let the participants know if they are giving chest compressions hard enough and at a fast enough pace. After successful completion of the course, participants receive an AHA certification card, which is good for two years.

As part of the fire extinguisher training, the participants were trained on the different types of fires they could encounter and how to choose the appropriate type of extinguisher. They also learned when you can try to fight the fire on your own, and when you should evacuate and leave the firefighting to the professionals.



The highlight of the training, however, is definitely when everyone gets a chance to use the new, state-of-the-art, laser-driven fire extinguisher trainer. It gives everyone the opportunity to experience what it would be like to use a real extinguisher and how long it might take to fully put out a fire. Participants left feeling confident in their ability to successfully put out a small fire in real life.

Since the training programs have received such an enthusiastic response from Touro faculty and staff, the department of Emergency Preparedness will continue to offer the trainings at various Touro campuses. If you are interested in taking either fire extinguisher training or the Heartsaver CPR/AED course, watch your Touro email closely for announcements of new classes, and keep an eye out for flyers posted around your building.

- A. Toole, K. Ledins



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EMP HEALTH WATCH - FLU SEASON



It's that time of year again; October through May is considered flu season

in the U.S. While flu spreads every year, the timing, severity and length of the season usually varies from one season to another.

The Center for Disease Control (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. FYI – This year's strain is expected to be the H1N1 of 2009. So this year's vaccine is for the H1N1 flu virus. In addition to getting vaccinated, you can take every-

day preventative actions to fight against flu.



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. 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.



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.

- S. Yehudah

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EP*IC*S AWARENESS Quarterly

CAMPSEC : National Campus Safety Month

Welcome to the Fall 2014 Semester. September is National Campus Safety Month and a good opportunity to review your Safety Plans. We take pride in educating our college community so that they can take an active role in ensuring their safety while canvassing our college campuses. It is also a good time to make our community aware of emergencies that they may encounter. This year we have added a few new reporting categories to both our Annual Security Report and our training initiatives.

When you have the opportunity you should visit the Campus Security Portal page and go to the training tab. We have updated our 360Stay Safe video presentation to cover some new topics listed below. In the event that you don't have the opportunity to visit our page, we are highlighting some of the new topics along with some tips on how to handle the situation should you encounter them.



Stalking - Stalking is generally defined as a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. If you or any one you know is a victim of stalking remember to:

- Always trust your instinct.
- Keep a record of all contact or communications with the stalker (i.e. emails, text messages, etc.).
- Notify your local law enforcement agency. If the stalking involves a member of the College Community contact Campus Security.
- Keep a copy of all police reports in the event that an Order of Protection becomes necessary.

Dating Violence - Dating Violence is a pattern of harmful, controlling behavior that one partner uses against their partner. Dating violence can range from verbal, emotional/mental abuse to physical abuse. If you or anyone you know is a victim of dating violence remember to:

- If you are in immediate danger call 911.
- Get yourself to a safe location.
- Create a safety plan.
- Talk to someone about your alternatives.
- Do not think you are alone.
- Don't blame yourself.
- Remember that no one deserves to be abused and this type of behavior does not go away as time passes.



(continued on next page)

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Touro College

Campus Security * Quarterly
Information Security * AWARENESS
Emergency Preparedness * EP*IC*S

CAMPSEC : National Campus Safety Month Continued

Domestic Violence - Domestic Violence can be defined as a pattern of behavior where one partner in an intimate relationship tries to gain or maintain power and control over the other partner. Below are some important facts known to us:

- 85% of domestic violence victims are women.
- The age range associated with this crime is from 20 -24 years old.
- 1 out of 4 women will experience domestic violence in their lifetime.
- 1.3 million women are victims of physical assault by an intimate partner each year.



- Most domestic violence incidents are not reported.

The safety tips concerning domestic violence generally are the same as for dating violence. However, we recommend that you consider

preparing an emergency bag and make sure that it includes all of your documentation.

Also, consider making a plan for the time you spend at work because many states require that your work site work with you to make reasonable accommodations for survivors and their safety.

For all of the topics spoken about previously we would like to remind everyone just how big a part the use of social media has helped to make these topics more prevalent. Technology has made it easy for us to do almost anything from just about anywhere which has been a blessing and a curse all rolled into one. There are always some who use technology for the wrong reasons and sometimes we make it that much easier for them to do so by posting certain aspects/things of our lives for all to see. So the next time you are going to post intimate/important details about your life remember who might be out there watching.

It is important as a member of the Touro Community to keep up to date with any new changes in the regulations and how they apply to our community. We encourage everyone to take some time to review the materials being provided. On October 1, 2014 we will publish our Annual Security and Fire Report which will contain all of the new regulations as they apply to the Clery Act. The Annual Security and Fire report can be obtained as follows:

- By going to the Mytouro Portal Page under Campus Security then clicking the Annual Security and Fire Report link
- By going to the Touro College web page searching for Campus Security and once page is found clicking on the Clery Reports link
- By requesting a hard copy and contacting the Campus Security Department at (212) 463-0400 x 5145 or via email at security@touro.edu.

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Campus Security Quarterly

Information Security * AWARENESS

Emergency Preparedness * EP*ICS

INFOSEC : Mobile App Security

It's not Cliché to say there is an App for everything these days; there truly is. You can even turn your smartphone into a metal detector with *Easy Metal Detector Lite* so that you can locate lost coins to pay for your smartphone. The compass in your phone uses a magnetometer for orientation and this app uses it to detect metal objects nearby. The variety of apps created allows your smartphone to do many things, but it also creates a large vulnerability surface with which someone can exploit your device. Inconsistent coding practices and security policies between app developers are just a couple of factors that lend to this increased risk. Despite the risk this creates for the end user there are several simple things you can do to help greatly reduce your risk and protect your data and your device.



Updates. How many times have you been prompted to update something on your mobile device and how many times have you clicked "Remind me later"? Keeping apps up to date is the simplest way to protect your data- hands down. App updates usually contain security updates that protect against any newly discovered vulnerabilities. Black hat hackers* are eager to exploit these to gain access to your personal data. The minute or so that it takes to update your app is well worth your time.



Permissions. Many apps, allow the user to manipulate what the App has access to on your phone. Try to restrict the permissions settings as much as you can without losing functionality. Sure Google Maps needs to know your location in order for it to be of any use, but does your Facebook app really need to know your location all the time? App permissions control how and what types of data is used so restricting this will lower the risk that your data falls into the wrong hands. Use common sense when apps ask for new permissions like knowing your location or accessing your microphone.

*Not all "hackers" are seen as malicious. There are Whitehat hackers who look for vulnerabilities so that they can be fixed and there are Blackhat hackers who exploit computer systems for their own personal gain, usually at the expense of others.



Only download apps from reputable known sources. iTunes Store and Google Apps Marketplace both vet the apps they post before making them available to ensure they do not contain malicious code. Other websites that offer apps may not be secure and can carry increased risk. There are so many apps available that we are starting to see apps to manage our apps. The Box vendor for example, has an app that centralizes and streamlines content for all the apps that integrate with Box. Box was originally a single, simple file sharing app. Now they have their own cloud infrastructure.

Please be mindful your apps and what sorts of data is being used so that you don't lose your data to your apps. Taking the initiative to protect your data and your device will, in turn, help protect that of all the people you're connected with.
- A. Jarosz

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Quarterly

Information Security
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Emergency Preparedness
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INFOSEC : NATIONAL CYBER SECURITY AWARENESS MONTH

October is National Cyber Security Awareness Month and always a great time to offer you some simple tips to keep you, your assets, and your personal information safe while using online resources throughout the year:



Create strong passwords. Change passwords regularly. Don't share passwords with anyone and don't use the same password on all sites. To create a strong password, think of a sentence specific to yourself and take the first letter in each word in the sentence to create the password. If the site you are using offers two factor of authentication, learn about it and use it. Two factor of authentication is strong authentication because it requires a password and a device; you will be required to know a password along with having a physical device in your possession. Also, try not to use the same passwords on multiple sites; this will prevent all your accounts from being vulnerable if one becomes compromised.



Keep your operating system, browser, and other critical software optimized by installing updates and do this regularly. Make this routine, don't separate it – include it as part of your normal routine. Most exploits (Black hat – refer to the previous article in this newsletter on mobile apps) happen because systems are not kept up to date. Try to stay ahead of these vulnerabilities.



Talk about internet safety with your family, friends, and community – if you do have a twitter handle or a Facebook page, join an online awareness site such as @lifehacker to learn about security issues or Internet safety and a whole lot more....or check out the privacy checker that Facebook put out earlier this year to help you understand how your data is being seen by others.



Limit the personal information you post online (never post work related information online and try to keep your personal info to a minimum) and use privacy settings to avoid sharing information widely (see the previous bullet on the facebook privacy checker and use it if you are on facebook to see how you are exposed).



Be cautious about what you receive or read online—if it sounds too good to be true - it is. No reputable company will ask you for personal information in an email and remember, a phish is a phish is a phish is a phish – don't get phished! Your information is valuable, don't just give it away.

And throughout the month and year, don't forget to visit some of these sites for more material on cyber security awareness:

- <http://www.staysafeonline.org/>
- <http://www.dhs.gov/topic/cybersecurity>
- <http://www.stopthinkconnect.org/>

- P. Ciuffo

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EMP: 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
(530) 265-7000
Web Page: www.mynevadacounty.com

Florida

Miami-Dade Department of Emergency Mgmt
9300 NW 41st Street
Miami, FL 33178
Ph: (305) 468-5400
Web Page: www.miamidade.gov
Email: oec@miamidade.gov

Human Resources — New York

First	Last	Title	Email	Ext.
Brenda	Cordova	Payroll Administrator	Brenda.Cordova@touro.edu	5227
Francisco	Castano	HR Administrator	Francisco.Castano@touro.edu	5707
Kenneth	Johansen	Manager of Time & Attendance	Kenneth.Johansen2@touro.edu	5211
Barbara	LaRue, PHR, GBA	Benefit Manager	Barbara.LaRue@touro.edu	5755
Roberta	Rosenblatt, SPHR-CA, GPHR	Director	Roberta.Rosenblatt@touro.edu	5163
Daisy	Rivera-Rodriguez	HR Project Manager	daisy.rivera-rodriguez17@touro.edu	5578
Marilyn	Wice	Benefits Administrator	Marilyn.Wice@touro.edu	5485
Tanya	Woods	Jr. HR Generalist	Tanya.Woods@touro.edu	5314

EPICS NEWSLETTER CONTACTS

Lydia Perez, Campus Security Director
43 West 23rd Street
New York, NY 10010
Tel: (212) 463-0400 x5134
Lydia.Perez@Touro.edu

Patricia Ciuffo, CISO
43 West 23rd Street
New York, NY 10010
Tel: (212) 463-0400 x 5383
Patricia.ciuffo@touro.edu

Shoshana Yehudah
Director of Emergency Preparedness
43 West 23rd Street
New York, NY 10010
Tel: (212) 463-0400 x 5668
Shoshana.Yehudah@Touro.edu

Alan Schoor
Sr. VP Administration and Operations
27-33 West 23rd Street
New York, NY 10010
Tel: (212) 463-0400 x5700
Alan.Schoor@Touro.edu

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