



Touro College

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

EXTRA! EXTRA!

Volume 2, Issue 2

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Hear Ye! Hear Ye!

Come my friends good news to share,
 About the contest we had to help make you aware.
 We were not sure you heard us, who reads newsletters anymore?
 Yet, many of you joined in so it's time to tell the score!



We have 10 winners who searched and answered true,
 Students, staff and faculty, east and west coast too.
 Congratulations to the winners, and thanks to all who entered!
 Don't be discouraged there's still next year, wait until next September
 Then you too will have good cheer in being front and center.

The EPICS team is pleased to announce the results of the Anniversary Edition of our Newsletter contest. We want to thank you all for participating; it provided us with insight into the areas we will need to focus further education on for our College community. Two of our winners received their \$100 American Express gift certificates at the Chanukah party at the Main Campus on December 8th. Students, staff and faculty from New York to California entered the contest and the winners span that broad spectrum. Congratulations to the winners and kudos to all of you for making the contest a success!



EPICS CONTEST WINNERS

- | | |
|---|------------------------------------|
| Anish Mirchandani - Student (Tourocom) | Tzvi Schwartz - Student |
| Anna Bernard - Student | Jose Barzola - Staff (Flushing) |
| Marla Fleming - Student | Mary Clarke - Staff (Pharmacy) |
| Kevin Carrasco - Student (Touro University Ca) | Yosef Lehrman - Faculty (New York) |
| Sarah Morgenbesser - Student (Lander College for Women) | Susan Powers - Staff (Bayshore) |

TOURO EMERGENCY HOTLINE 24 HOURS A DAY 7 DAYS A WEEK 1-88-TOURO911



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EMP NEWS: Fire Safety at Touro College

- S. Yehudah

We all know how important it is to have fire training and information readily available. I am pleased to inform you that the College is upgrading its fire safety program. Once again, we need your help to make the program work. A crucial element in fire safety is personnel able to guide people to safety during an evacuation. Many of you have volunteered to become fire wardens and searchers at your site, but many sites are lacking people to fill these positions. If you are interested in helping



your students, colleagues and yourself - please contact me at shoshana.yehudah@touro.edu to become an Emergency Evacuation Volunteer. We are looking for fire wardens, searchers, and partners for people with limited mobility.

Additionally, we will be shortly providing fire safety training for all students, faculty and staff. Please check your email for upcoming notices on fire safety training at your location.

EMP NEWS: CPR Moving Onward and Upward

- S. Yehudah

We have all been taught that relationships are give and take, but taking is selfish unless you are taking to give to someone else. To celebrate American Heart Month in February the College has started a new CPR Program for students. The *Give & Give Back Program* will be the student counterpart to our *Save a Life, Save a World* CPR Program for employees, which we started a year ago.

We have just completed our first *Give & Give Back CPR Program* for students. Men and women at the Lander College of Liberal Arts and Sciences gave up several hours on a Sunday to learn CPR at the Avenue J campus. I am pleased to announce that more than half the students in the program have agreed to give back to their fellow students and the College by becoming CPR Responders. The program will follow the same format as our Main Campus program. There will be a monthly list of students posted at the Avenue J campus, just as there is at the Main Campus, and their emergency contact information will be located at the guard desk. Students on call during a particular month will be able to join employees at the Main Campus for monthly refresher courses. My thanks to all the students who volunteered to help their school. A special thanks goes to Avi Lederman, Peer Student Advisor of Touro College Professional Health Science Society, for arranging this event for his fellow students, and for his hard work in promoting the project.

Our next class of the *Give-Give Back CPR Program* will take place with students of the NYSCAS Health Science Society in January. Please check your email for future updates on both programs.

EMP HEALTH WATCH: December is Hand Hygiene Month

- S. Yehudah

It's flu season again and even though we are not in a pandemic crisis, it is important to remember that basic hand hygiene will help cut down on spreading cold and flu germs. Wash your hands regularly with soap and warm water and you are more likely to stay healthy.

1. Wet your hands with warm water and apply soap.
2. Rub hands together to make a lather and scrub all surfaces.

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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EMP HEALTH WATCH: Traveling Healthy

The holiday season is one of the busiest traveling times of the year, and every year more and more Americans are traveling for vacation, business or to just visit friends and family. Whatever your reason for traveling it is important to be **Proactive, Prepared and Protected** (3 P's) when it comes to your health and the health of others while you are traveling.

Be Proactive

Take steps to anticipate any health issues that could arise during your trip.

1. If you are leaving the country be sure to check for Travel Health Notices for your destination. The CDC and World Health Organization (WHO) provide country specific travel notices and warnings on their websites. You can also check if the area you will be visiting is prone to natural disasters such as earthquakes, hurricanes or tsunamis.
2. See a doctor before you travel to ensure you are currently healthy and to get any necessary vaccination shots. Your doctor will also determine if it is advisable for you to travel based on any recent injuries, illnesses or surgeries you may have had.
3. Think about special health needs for family members, such as babies and small children, pregnant women, people with disabilities and those with weakened immune systems.

Be Prepared

No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.

1. **Pack Smart - Travel Documents**
Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.
2. **Pack Smart - Travel Health Kit**
When packing your travel health kit think about where you are going and whether you will have access to health items and supplies. Pack your health insurance card (either your regular plan or

supplemental travel health insurance plan for international travel), copies of claim forms and prescription medications in your carry-on luggage. Include copies of all prescriptions including the generic names for medications. It is also helpful to pack a note on letterhead stationery from the prescribing physician for any controlled substances and injected medications; and leave a copy of your prescriptions at home with a friend or relative. Check with the American Embassy or Consulate to make sure your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.

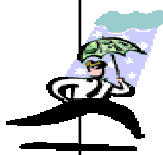
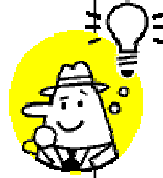
Other items to include in your Travel Health Kit:

Anti-diarrheal medication, antihistamine, decongestant, anti-motion sickness medication, medicine for pain or fever (such as acetaminophen, aspirin or ibuprofen), a mild laxative, cough suppressant/expectorant, cough drops, antacid, antifungal and antibacterial ointments or creams, 1% hydrocortisone cream, insect repellent containing DEET, sunscreen that has both UVA and uVB protection, antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol, lubricating eye drops and water purification tablets.

Be Protected

It is important to practice healthy behaviors during your trip and after you return home.

1. Pay attention to your health during your trip. Monitor any changes such as sniffles or aches and pains.
2. Use sunscreen and insect repellent as directed.
3. Be careful about food and water.
4. Limit alcohol intake, and do not take alcohol and drive.
5. Wear protective gear when doing adventure activities.
6. Respect your host country and its people by following local laws and customs.



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REGIONAL EMP: Hurricane Prep - A few tips and suggestions

Winter is hurricane season and the southeastern coast of the U.S. has seen over 25 storms so far. The Miami-Dade Emergency Management Center has suggestions for our Touros College South readers on what to do before, during and after a hurricane. Please note: While many of the following instructions are good advice for any area about to experience a major storm, the information below is specific to residents of Florida, where Touros College South is located. Please check your local OEM website for instructions more tailored to your area.

BEFORE THE STORM

Stocking up on a Budget



Most people wait until a storm threatens South Florida to make a last-minute rush to local stores to purchase supplies. This usually results in large expenditures, and in these economically tough times, can wreak havoc with a budget. It is more cost efficient to build an emergency food supply kit little by little, and using what you already have at home whenever possible. Here are some tips to make stocking up a little more economical.

1. Purchase an extra can or box of non-perishable food or other supplies for your hurricane kit during each trip to the grocery store, making use of coupons and sales when available.
2. Combine resources with family, friends and neighbors to save money by buying in bulk, and then divide the items up.
3. Fill containers 2/3 full with tap water and keep them in your freezer for ice or water after a storm.
4. Make bed rolls from your existing comforters and blankets.

Clean Up

1. Hurricane force winds take trash and send it everywhere. Try cleaning up yards and lock trash tightly away before the storm hits and you will have less clean up afterwards. Miami Dade County has 13 Neighborhood Trash and Recycling Centers (TRCs). Go to www.miamidade.gov and look for the TRC nearest your location.
2. There are also hazardous home chemicals, such as oil based paints, pesticides, pool chemicals, etc. that can cause serious health problems if scattered by hurricane winds. The county has two Home Chemical Collection Centers and you can go the Miami-Dade website for their hours of operation.
3. You can also schedule a curbside bulky waste pickup for furniture and large bulk items by calling 311 or schedule a pick up online prior to a storm.



DURING THE STORM

1. Stay indoors and in your safe room until the departure of hurricane force winds.
2. Monitor your radio or TV for weather updates and instructions from public safety officials.
3. If flooding threatens your home, turn off electricity at the main breaker.
4. Make sure you take your emergency kit and disaster supplies with you if you move from room to room.
5. If you lose power, turn off all major appliances.
6. Use flashlights, not candles or kerosene lamps, as your light source.
7. Avoid using the phone and do not take a bath or shower during the storm.
8. Keep children informed about what's happening and watch for signs of stress.
9. Keep animals in their carriers.
10. Get in the tub or under a mattress if your home begins to come apart.



AFTER THE STORM

Studies show that many disaster-related injuries occur in the aftermath of a disaster. Keep your guard up after a storm passes with these tips.



1. Remain inside until local authorities say it's safe to leave.
2. Continue to monitor the radio or TV for advice and/or instructions from local govern-

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REGIONAL EMP: Hurricane Prep - A few tips and suggestions continued

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- ment officials. Call 311 for information on waste collection services and hurricane debris pickups.
- Implement your family communication plan and advise the selected point of contact that you are safe.
 - Do not sightsee; stay out of impacted areas. Emergency services personnel will be trying to help other victims and it will be difficult enough with all the debris around.
 - Do not operate charcoal grills, propane camping stoves or generators indoors.
 - Obey all curfew and emergency orders when issued.
 - Do not drive or walk through standing water. It may be much deeper than hazards.
 - Stay away from downed power lines and report them to 311.
 - Inspect your home for damage, assuring it is safe to stay there. Check for gas leaks.



- S. Yehudah

EMP: EMERGENCY CLOSINGS REMINDERS

After business hours, information regarding delayed openings or closings is posted on the telephone system of the Main Campus; the Touro website, www.touro.edu; and 1010WINS and WCBS880 radio stations. Students and staff will be able to check the voice mail system of the Main Campus for closing updates, as well as the Touro website, www.touro.edu by 12AM the day of an expected snowstorm. If a snowstorm or other emergency necessitates an early closing during business hours, an email will go out to all employees advising them the time the College will be closed and what time to expect information to be posted on the main website and the voice mail of the Main Campus. Students should check the College's main website for school closing information and will be notified through the TC Alert notification system.

- S. Yehudah

ROAD RAGE

- L. Perez

Did you know that violent incidents on the road have increased about 51% according to police reports generated within the past five years?

Many drivers get angry when someone cuts them off, tailgates them or drives slowly in front of them. In recognition of these alarming facts we are offering a few tips on how to prevent road rage:

- Don't** allow yourself into a test of will on the highway. If someone is tailgating you, pull into the slow lane and let them pass.
 - Don't** tailgate others or cut them off in traffic.
 - Maintain** at least a 2 second following distance from the car in front of you.
 - Don't** drive in the passing lane.
- Don't** take traffic issues personally.
- Avoid** any eye contact with an aggressive driver.
- If the driver of the other vehicle attempts to follow you pull over at a public place where you can call the local authorities.
- Don't** make obscene gestures.
- Use your horn** sparingly, as a warning not an outburst.
- Reduce your stress** by allowing ample time for your trip.
- Create a relaxing environment** in your car. (But not too relax that you can fall asleep).
- If you witness aggressive driving, stay out of the way and contact authorities when you can.
 - Plan your route in advance** so that you don't rely totally on your GPS or your co-pilot.
 - Using your cell phone takes your focus off of the road. People that are busy talking and texting will often engage in other road-rage triggering behaviors simply



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Road RAGE continued

L. Perez

(continued from bottom of page 5)

because they are so oblivious to the other cars on the road that they don't realize they are invading someone else's personal car space. *Please note that this is also against the law and a summon able offense.

- Take a defensive driving class. It can help you learn strategies for dealing with other drivers and avoiding those "near-misses" that send your blood pressure skyrocketing.

Drive safely and remember:

- **Don't** drink and drive
- **Don't** text and use your cell phone
- **Always** wear your seatbelts.



Think Before You Click!

- P. Ciuffo

During the holiday season, people sometimes send "e-cards" to wish us a happy holiday and also send other "spirit lifting" email. These messages often come with links in them. Please remember that the "harmless" result of clicking on a link within an email can best be depicted by the "famous" airline commercial that shows an employee receiving an "offer" via email which entices the employee to open the link from within the email. We all know what happens when she clicks on the link, right? I think the famous line is "want to get away". Well, I would be remiss if I did not use this opportunity and space to once again remind you that at this time of year, in addition to verifying that you have anti-virus software installed on your workstations should click on moment



-virus software on your workstations and laptops, you should think before you click on any link. This of thought also

applies to links you receive on mobile devices and while on social networking and other inter-

net sites. Instead of clicking on a link directly in an email, instant message or on an online ad while surfing, ask yourself if you are protected (anti-virus), were expecting a link, know who the sender is and whether you could or should contact them via an alternate means.



If you answer yes, before proceeding, copy the link and paste it into a web browser outside of the email. This simple step could prevent an attack that would create a similar "want to get away" scenario, or, worse, lead to identity theft. Remember, always, that no



member of any Touro IT team will ever ask you for account information in an email.



And have a healthy, safe holiday!

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Observation is a Security Skill

Why should every member of the Touro community be conscious of security? Because Touro is our home for several hours each day of each week. When you are a member of a community, you take care of its environment. You care that it is a safe place to learn, to teach and to do your work.

Because you are here, you are automatically a part-owner in the Touro community. When everyone at Touro thinks of themselves as owners, everyone becomes alert to the needs of the larger community. An owner takes responsibility for his/her actions. The people in charge of security then have hundreds of "helpers" to support their duties.

The most basic way every member of the Touro College community can support the security concerns of the College is to be observant – to use your eyes and ears and report unusual behavior.

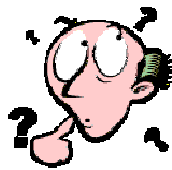
Most people are not trained to be observant of their environment. We are preoccupied with our own thoughts and think about what we are doing and where we are going.

We say to ourselves, "I've been looking and hearing since I was born. Why do I have to do anything different? I can observe any time I want." Wrong. Becoming observant is a trained skill – like a musician or visual artist.

That's like saying, "I've been eating "fast food" all my life. I know about kinds of food." Wrong again. With that experience and training, we can only give out opinion, but the question you should ask yourself, "Is my opinion helpful to security personnel?"

To be observant in a helpful way means to become aware and conscious of what you are observing at the time. First, you need to pull out of your bubble for a moment to watch and listen to the world around you.

As you walk down 23rd Street, do you watch the people who pass you? Do you notice what kinds of expressions are on their faces?



Here are a few tips:

- Observe the context of the situation. Note what is normal and what is suspicious.
- Take mental notes if the suspicious behavior continues.
- Note the specifics of the situation – the person's dress, behavior, any conversation, and details of the suspicious activity.
- Report the suspicious behavior to campus security or to site director of the Touro location.
- Be prepared to describe in detail what you saw and heard. Details count. Vague generalities are meaningless.
- Remember the current MTA slogan, "If you see something, say something." Your observation enhances Touro's security staff enormously.
- Our Touro College community will be much stronger for your active participation as an owner in all of our security.

By Hal Wicke, Deputy Chair, Speech and Communication (SGS)

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Privacy: Social Networking - "FACEBOOK" Privacy Account Settings

Social network sites can offer a wonderful opportunity to communicate and educate. Education comes from sharing knowledge which these sites provide. Privacy, however, speaks to how data about "you" is shared - privacy and social networking are opposite concepts.

The intent of this article is to provide you with some tips you can take to minimize privacy risks by managing some of your account settings. [Note: I hope to expand upon this article in subsequent newsletters but for now I will focus on "Facebook" settings]. Remember, though, if you want "absolute" privacy, don't sign up for an account on a social network site (such as "Facebook").

Before I go any further, I want to mention that the first item you should always review prior to signing up for an account at any site should always be the privacy policy and the terms of use statements of the site you are interested in joining. Realize that each social network site (e.g., "LinkedIn", "Facebook", "MySpace", etc.) will have both a privacy and a terms of use statement. Take some time to read each before you use the site so that you know what your "rights" are and what "rights" the site retains. For example, did you know that "LinkedIn" asks that minors (under the age of 18) not submit any personal information or use the service, "Facebook" clearly states that "children under the age of 13" should not attempt to register, and "the MySpace Website" is a general audience site and does not knowingly collect personal information from children under 13 years of age. How many of you have children with a "Facebook" account? Always remember that it is much easier to post something than to take it down so be careful what you post.

With that out of the way, I have started to take a more detailed look at the privacy settings available with some of these sites and have started with "Facebook" because it has gotten a lot of press over the last year.

The following tips assume you already have a "Facebook" account and can log into it (remember that you should never share your account and should always periodically change your password to your account). When you log into your "Facebook" account, in the upper right hand corner, you will see the "account" option and once you select "account", the "privacy settings" option is displayed. This is where I want you to "see" what you have chosen as your privacy settings. The information I am highlighting is at the bottom of the page labeled "controlling how you share", "applications and websites", and "instant personalization".

- First, the **"controlling how you share"** option provides a wealth of information on how to set your options and is basically a tutorial where you can gather more information about your own privacy settings. You should read through the section and become familiar with all of the various options you can set and their meanings.
- Second, the **"applications and websites"** option is important because it controls what information is available to applications and websites when your "friends" use them ("Friends" are who you allow to connect with you on the "Facebook" application). Ask yourself if you want your "friends" to control what others (their "friends" and "friends of their friends" and "friends of their friends"...you get the point) see about you? Go to this option to turn off anything you don't want others to see.
- The third option is **"instant personalization"**. Instant personalization is the option that lets "Facebook" partners such as "Pandora" and "BING" show your "likes" and "dislikes" (displayed on "Facebook" as a thumbs up or a thumbs down, respectively) to a friend of yours who goes to the application and does a search, for instance. To turn off instant personalization on all partner sites, uncheck the box; this simple act will prevent "Facebook" partners (e.g., "BING" or "Pandora") from receiving your information through this option.

I will leave you with one reminder: "think before you post"!

Send your questions or your social network site tips to me at patricia.ciuffo@touro.edu for inclusion in subsequent editions of EPICS.

-P. Ciuffo

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CAMPUS SECURITY: Holiday Street Closures

Faculty, Staff and Students should plan their travel through the city before heading out. During the holiday season there are many changes to the normal flow of traffic and/or mass transit schedules due to various holiday events. Be aware that conditions may change. Motorists should remain alert at all times, ready to follow construction signs and road crew directions. For updates, please visit www.nyc.gov. - L. Perez

CAMPUS SECURITY: Winter Driving Survival Tips

Winter storms can last for many days and include high winds, freezing rain, sleet or hail, heavy snowfall and extreme cold. These types of winter storms can shut down a city or area mainly due to blocked roads and downed power lines. People can be stranded in their car or trapped at home for hours or days.

The leading cause of death during winter storms are automobile or other transportation accidents. The best way to protect yourself and your family from a winter disaster is to plan/be prepared before the cold weather begins. Visit www.nyc.gov to learn how to create a Family Emergency Plan and Disaster Emergency Kits for your home and car. Consider these additional protective actions for winter driving:

- Make sure you have plenty of antifreeze and

snow tires (or chains or cables). Keep gas tanks as full as possible during cold weather.

- Check your battery fluids and battery connections to make sure they are clean.
- Carry a "winter" car kit in the trunk and throw in:
 - Warm Clothing – Mittens, hat, emergency blanket, and sweater
 - Waterproof Items - Jacket or coat
 - Cold Weather Items - Windshield scraper, road salt, sand
 - Emergency Items - Bright colored cloth or distress flag, booster cables, emergency flares, tow chain, rope, shovel
 - Miscellaneous - Food, water, radio, and a first aid kit

- L. Perez

CAMPUS SECURITY: Safety Tips during the holidays

Traveling Out of Town

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home, shovel snow, and park in the driveway from time to time.
- Don't forget to stop mail and newspaper delivery. If it piles up, it's a sure sign you're gone.



Automated Teller Machine (ATM) Use

- If you use an ATM, choose one that is located inside a police station, mall, or well-lit location.
 - Withdraw only the amount of cash you need.
 - Protect your PIN by shielding the ATM keypad from anyone who is standing near you.
 - Do not throw your ATM receipt away at the ATM location.
 - Be aware of "skimming" devices attached to ATMs that can copy your ATM card data.



Hosting a Party

- Have non-alcoholic beverages available for party guests.
- Find alternative transportation for intoxicated guests.
- Arrange for an official designated driver for your party who will not drink at all.



Attending a Party

- Have something to eat before consuming alcoholic beverages.
- Eat high protein foods that will stay in your stomach longer and slow the absorption of alcohol into your system.
- Remember only time will eliminate the alcohol from your body.
- Know your safe limit, and, Never drink and drive.

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CAMPUS SECURITY Safety Tips during the holidays continued.

Celebrate Responsibly

The holiday season is a time of celebration and revelry. Drinking and driving is a danger to everyone on the road. Anyone with a BAC of .08 or higher is in violation of the law and may go to jail. Remember that the risk isn't worth it. If you choose to drink alcohol at a party, don't drive; take a cab, use public transportation or assign a designated driver. Have fun, but celebrate responsibly.

Shopping

- Shop during the day; if you must shop at night, go with a friend or family member.
- Dress casually and comfortably. Avoid wearing expensive jewelry.
- Do not carry a purse or wallet, if possible.
- Always carry your Driver's License or credit card you expect to use. Avoid carrying large amounts of cash, and keep cash in your front pocket.
- Even though you are rushed and thinking about a thousand things, be alert to your surroundings.
- Pay for purchases with a debit card or credit card when possible.
- Notify your credit card issuer immediately if your card is lost, stolen or misused.
- Keep a record of all of your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops and other rapid transit systems.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.
- Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.



Children

- If possible, leave small children at home with a trusted babysitter.
- Teach your child to go to a store clerk and ask for help in case your child is separated from you.
- Teach children to stay close to you at all times while shopping.
- Never allow children to make unaccompanied trips to the restroom.
- Children should never be allowed to go to the car alone and they should never be left alone in the car.
- Teach children their full name, address and telephone number to give to police officers or mall security.
- Teach children to immediately inform you if a stranger is bothering them.

After You've Opened the Gifts

Burglars know that many households have new and oftentimes expensive items in their homes following the December holidays – especially items such as new computers and peripherals, stereo components, television sets, cameras and other electronic equipment. In too many cases, residents make it easy for burglars to figure out which homes to target by putting boxes that identify their new gifts in plain view with their other garbage. Avoid becoming an easy target for post-holiday burglars by not leaving boxes for new electronics and other items in the alley or for several days at a time. Instead, break down any boxes you are throwing out, put them in garbage bags and place them inside a trash can. (In many cases, especially with computer equipment, you might consider keeping the boxes for safe storage, shipping or moving in the future.) Think about keeping broken down boxes inside – in a garage, for example – until the evening before your regular garbage pick-up. Some burglars actually look inside garbage cans for evidence of holiday gifts. And, of course, if you see anything/suspicious call 9-1-1.



Evening Outings

- Turn on lights and a radio or TV so it looks like someone's home.

(continued top of on page 11)

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Evening Outings Continued (from bottom of page 10)



- Be extra cautious to lock doors and windows when you leave, even if just for a few minutes.
- Indoor and outdoor lights should be on an automatic timer.
- Large Displays of holiday gifts should not be visible through the windows and doors of your home.
- When setting up a Christmas tree or other holiday displays, make sure doors and passageways are clear inside your home.
- Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.
- If you use lights on your Christmas tree ensure the wiring is not damaged or frayed. Frayed or damaged wiring can cause a fire.
- Place your Christmas tree in water or wet sand to keep it green.
- Never place wrapping paper in your fireplace.



Strangers at Your Door

- Be aware that criminals sometimes pose as couriers delivering gifts.
 - It is not uncommon for criminals to take advantage of the generosity of people during the holiday season by soliciting donations door-to-door for charitable causes although no charity is involved. Ask for their identification, and find out how the donated funds will be used. If you are not satisfied, do not donate. Donate to a recognized charitable organization.
- L. Perez

EPICS SPECIAL REPORT - BED BUG INFORMATION

I have received lots of phone calls regarding the recent bed bug rumors. Just to be clear, the Main Campus did not and does not have a bed bug infestation. However, I do think it is important to reiterate the information on bed bugs from our September 2010 issue. While there is no way to guarantee you won't get them, there are practices to be careful about to lessen your chances of an infestation.

- Avoid sitting on porous benches and chairs in public waiting areas, particularly those made of wood or fabric, which are porous. Seating made from non-porous material, such as plastics and resins are not a problem. You should be careful sitting on damaged or cracked seating.
- When shopping, do not try on clothing before purchasing them. If you purchase loose clothing (not wrapped in plastic) place them in the dryer for 20 minutes before wearing them. Dry heat for 20 minutes will kill bed bugs. Items that must be dry cleaned can be taken to the cleaners prior to wearing them. Ask them to dry treat them before the usual cleaning process. You can leave the price tags on the clothing and return them later if necessary.
- If you enjoy going to the movies, take a couple of large plastic bags with you. Any brand is fine as long as it is big enough to cover the seat you will be sitting in. Remember to cover the top part of the seat, as well as the bottom.
- When on vacation it is a good idea to ask your hotel if they use bed bug free mattress encasements, and do not leave open luggage or clothing on the floor so that bed bugs can't climb into your belongings. It is also a good idea to use bed bug free luggage liners when you pack.

The above recommendations are based on information released by the Center for Disease Control (CDC) and the New York City Department of Health. For more detailed information, please go to www.nyc.gov and type in bed bugs in their search box. A screen will appear listing several articles about bed bugs. Scroll down to the PDF titled Bed Bug Fact Sheet:: Vector Surveillance and Control: NYC DOHMH. I found this FAQ to be the most informative.

If you think you may have bed bugs in your Touro location, please contact your local Facilities Department: NY 212-463-0400 x5271; Vallejo 707-638-5800; Los Angeles 323-822-9700 x85153; Nevada 702-777-1828; Florida 305-535-1066 x55103. Facilities personnel will contact their local pest control vendor to treat the infestation.



-S. Yehudah



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Campus Security: Depression

What is Depression



When asked to present some information regarding Depression, its origination, its signs and symptoms and how to respond to it, I immediately grab a hold of my readily available 'DSM-IV Manuel, published by the American Psychiatric Association'.

"The diagnostic criteria and the DSM-IV Classification of mental disorders reflect a consensus of current formulations of evolving knowledge in the field".

Further, "the purpose of the DSM-IV Manuel is to provide clear descriptions of diagnostic categories in order to enable clinicians and investigators to diagnose, communicate about, study and treat people with various mental disorders".

Depression as is described, Psychologically, carries the term of "Mood Disorder"(i.e. Depressive Disorder, Bipolar Disorder, Mood Disorder due to a General medical Condition; Substance-Induced Mood Disorder). However, to the layman this usually means a stress related condition, a mental funk that persists without a determined release time.

Everyone feels blue or sad from time to time, but these feelings are usually fleeting and pass within a couple of days or so. Stress is a part of life, we can't avoid it. We all have anxiety, worries, tensions and different pressures. Stress becomes a problem when we have too much of it for too long.

When a person has developed a depressive disorder, it interferes with daily life and what is known as "Normal" life functioning, thus causing pain for both the person with the disorder and those who care about him or her.

Forms of Depression

There are several forms of depressive disorders, (i.e. Major Depressive Disorder, Dysthymic Disorder, Psychotic Depression, Postpartum Depression, and persons who are diagnosed as Bipolar are considered Manic-Depressive) but the form most commonly known is 'Major Depressive Disorder'. Major Depressive Disorder is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat and enjoy pleasurable activities.

Signs and Symptoms of Depression

People with depression do not all experience the same symptoms. The severity, frequency and length of the depressive episode depend on the individual and what form of Depression they are experiencing. However, overall symptoms include: persistently sad, anxious or empty feelings, feelings of hopelessness/pessimism, feelings of guilt, worthlessness/helplessness, irritability restlessness, lost of interest in activities or hobbies even towards sex, fatigue and decreased energy, difficulty concentrating, remembering details and making decisions, overeating or appetite lost, insomnia or excessive sleeping, thoughts of suicide, suicide attempts.

What causes Depression

There seems to be no single known cause of Depression, it is stated that it likely results from a combination of genetic, biochemical, environmental, and psychological factors. Research indicates that depressive illnesses are disorders of the brain. The parts of the brain responsible for regulating mood, thinking, sleep, appetite, and behavior appear to function abnormally. Some types of depression tend to run in families, indicating a genetic link .However, Depression can and do appear in individuals without family histories of Depression as well.

Genetics research indicates that risk for Depression results from the influence of multiple genes acting together with environmental or other factors.

In addition, trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. However, subsequent depressive episodes may occur with or without an obvious trigger.

By: Willie Evans BSW, CASAC, Wellness Counselor.

NOTE : Mr. Evans is located at 50 West 6th floor Wellness Center. His hours are Monday, Tuesday and Friday from 10AM-4:30 and his number is (212) 242-4668 x 6038.

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Arriving in Spring 2011!

MY TOURO

Your Gateway to the Touro Universe

The MYTOURO portal is a virtual gateway providing web-based access to Touro resources and the Touro community of users. The portal is scheduled for release in Spring 2011.

Stay tuned for more details during Spring registration.



Please note:

The Touro College Portal Manager is [Sarah Alpert](#). If you have any questions or comments, please feel free to contact Sarah at sarah.alpert@touro.edu or at (212) 463-0400 ext. [5149](#).

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EMP OEW WATCH

New York and the Metropolitan Area

New York City Office of Emergency Mgmt
165 Cadman Plaza East, Brooklyn, NY 11201
Ph: (718) 422-4888
Web Page: www.nyc.gov

California (Solano County)

Solano County Office of Emergency Services
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

NEW: Alert LA County

Los Angeles County has implemented an emergency mass notification system to contact County residents and businesses via recorded phone messages, text messages and e-mail during emergencies. For more information and to register your cell phone number, Voice over IP number and e-mail address, please go to alert.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: oe@miamidade.gov



Human Resources - New York



Main Number 212-463-0400

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Roberta	Jackson	Director Of Human Resources	5163	roberta.jackson	646-495-3885
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