



READINESS RULES

“Knowledge Saves Lives”

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University Office of Security Preparedness Bulletin

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DID YOU KNOW?



Staff Photo

The University Health Center opened in January 1999. The new facility is 40 percent larger than the old Gilbert Health Center on North Campus.

The cost of the center was covered by student fees and donations from more than 130 people. The state-of-the-art health care center was designed with students' input.

Inhalation anthrax is a bacterial illness that mimics influenza in the early stages. This is one of the three forms of anthrax and typically occurs among persons exposed to aerosolized infected livestock products or from intentional release as occurred in 2001.

Anthrax is a serious, often fatal disease that is spread by spores created by the anthrax organism. Unlike influenza, anthrax is caused by a bacterium, which is susceptible to antibiotics. The common skin form of anthrax usually responds quickly to antibiotic treatment but the inhalation form is much more difficult to treat and is fatal approximately 50% of the time.

Featured Article

Common Flu versus Anthrax: How do you know?



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The flu, is a contagious disease caused by the influenza virus. The virus affects the nose, throat, and lungs. The flu, unlike the common cold, tends to produce more severe and longer lasting symptoms and complications. Anyone can get the flu. The Centers for Disease Control reports that each year in the United States about 15% of Americans will get the flu. Annually 114,000 people are admitted to the hospital and about 36,000 people die from influenza.

Once infected with influenza virus, a person becomes ill about three to four days later (incubation period), but can spread the flu beginning 24 hours before they become sick and continue to spread it for up to seven days. Influenza typically begins suddenly with fever, headaches, fatigue, dry cough, sore throat, nasal congestion, and body aches.

The flu is spread when a person coughs or sneezes, causing the virus to become airborne. When others inhale virus through their nose or mouth, the virus establishes residence in the throat and upper airways. The virus can also be spread if a person touches a surface that has influenza virus on it.

Anthrax begins after about one to six day incubation period following exposure to anthrax spores. Typically there is sudden onset of fever, chills, fatigue, dry cough, and muscle aches. People report feeling like they “have the flu”. However, within three to four days, the person develops difficulty breathing. Sore throat and runny nose is

uncommon with this disease occurring in only 10% of cases. Unlike influenza, anthrax is not spread from person-to-person. You will not get the disease if you are exposed to a person with anthrax.

The most effective way to prevent influenza is to get the flu shot between October and March. During the 2001 anthrax mail scare, the flu shot was recommended to help decrease illnesses that mimic anthrax.

Since the cause of flu is a virus, antibiotics will not work against it. Antiviral antibiotics offer very little benefit except in elderly people or those with diseases that predispose them to flu complications. You should rest, drink fluids, and avoid alcohol and tobacco. Many over-the-counter medications are available to relieve the symptoms of the flu, but it is important that teenagers and children DO NOT take any medications that contain aspirin. Aspirin can cause deadly complication in children and teenagers when taken during an episode of influenza.

Bulletins are available bimonthly. The issues assist in disseminating current security preparedness information from this office and other University units. Sign up to receive issues of *Readiness Rules* by e-mail. Click on **"bulletin by e-mail"** located on the [home / contact us](#) bar on the UOSP web site.

Winter Emergency Preparedness

During the winter months, weather can be unpredictable so a little extra precaution is essential for travel and home heating safety. Your vehicle can be kept in good working order by regularly checking the antifreeze, oil level, transmission fluid, tire pressure, tread wear, and battery. Regular checks of these items along with proper replacement as necessary will go a long way to having trouble free operation. It's a good idea to have someone reliable give the vehicle a general check, taking special note of the belts, hoses, and fluids. Precautions such as keeping at least ½ tank of gas will assure that you have enough gas to travel

Campus View

Do you know this location on campus?



Answer: See below.

safely should there be an emergency. While preparing for winter make sure to keep an extra coat, hat and gloves, pair of walking shoes or boots, flashlight and, if you have one, cell phone in the vehicle should your vehicle stall or become inoperative.

One problem that arises at home during the winter months for persons using liquid or natural gas for heating is carbon monoxide. Carbon monoxide is a poisonous gas that is odorless, colorless, tasteless and non-irritating. Some of the symptoms of carbon monoxide poisoning are dizziness, headache, nausea and sleepiness. The best way to detect carbon monoxide is to purchase and install a monitor in your home. Those who have gas heating units should be aware of where your gas shut off mechanism is located and how to turn it off. Gas heating units should be checked yearly by someone qualified to perform inspections.

Keep warm ---- be safe.

University Winter Weather Closing Information:

- Visit the website: www.uga.edu/news
- Listen to Athens radio stations:

A.M. dial: 960 and 1340

F.M. dial: 88.9, 90.5, 91.7, 97.9, 102.1, 103.7, 106.1



Upcoming Issue: Spring Break! Serious issues of safety while having fun.

Answer: The United States flag, the Georgia flag, and the POW/MIA flag are flown in the plaza at the Military Building.