



SPRING SAFETY

SAFETY MATTERS

Be Alert for MEASLES

Don't Let It be Your Travel Souvenir!

As you may be aware, there is an uptick in the number of measles cases in California and in many states across the U.S. From January 1 to May 3, 2019, 764 individual cases nationwide have been confirmed. According to the U.S. Centers for Disease Control and Prevention (CDC), this is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.

Locally, Los Angeles County has seen the greatest number of measles cases. Los Angeles International Airport (LAX), UCLA, and Cal State LA were identified as locations where health officials suspected the public came into contact with infected persons. Measles is caused by a virus and is highly contagious; it can spread through the air when an infected person coughs or sneezes.

Symptoms of measles include:

- * High fever (may spike to more than 104° F)
- * Cough
- * Runny nose
- * Red, watery eyes
- * Rash which breaks out 3-5 days after symptoms begin

How to protect yourself against measles:

- * Getting vaccinated is the best way to protect you and your loved ones. The MMR vaccine protects against measles, mumps, and rubella. Two doses of MMR vaccine provide 97% protection against measles.



- * Remember that 2 doses of the MMR vaccine are required for admission to K-12 schools in California.
- * Vaccination is especially important if you will be traveling internationally. Vaccination rates vary by country. You may get infected by an unvaccinated person.
- * Infants 6 to 11 months of age should have 1 dose of MMR vaccine.
- * Children 12 months of age or older should have 2 doses, each dose separated by at least 28 days.
- * Adolescents and adults who have not had measles or been vaccinated should get 2 doses separated by at least 28 days.

After returning from international travel:

- * Watch your health for 3 weeks after you return.
- * If you or your child gets sick with a rash and fever, call your doctor.
- * Be sure to tell your doctor that you traveled abroad, and if you have received the MMR vaccine.

Sustainability Tip

- * Recycle an old backpack to carry your emergency supplies in.
- * Use a crank or shaker flashlight to avoid using disposable batteries.
- * Toss in an old pair of eyeglasses in case your current pair gets lost or damaged.
- * Remember folding money? Keep some small bills to handle incidental purchases.
- * Refill and pack travel-size toiletries to save space (make sure they are labeled correctly).
- * Pack a comfortable old shirt, pair of slacks, and slightly worn shoes that aren't quite ready for the donation bin.
- * Download and print pictures (thumbnails will do) of your family and your pets.
- * Save paper, space, and weight by loading a flash drive with copies or scans of valuable documents
- * Give your old gardening gloves or household tools a second life as emergency supplies.



Questions?

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Bicycle Safety

As the weather heats up and more folks go on vacation, it's tempting to dust off that bicycle and go for a spin. However, bicycling can pose a hazard to you and to others if you don't ride safely. Here are some safety tips:

- * **Wear a helmet** – reduce the risk of head injury by up to 85%.
- * **Use hand signals** – tell everyone what you intend to do.



- * **Ride in designated bike lanes** – or use the shared-pathways bike lane.
- * **Ride single file** – Ride in a straight line about a car door's width away from parked cars.
- * **Honor yield and stop signs** – obey traffic laws and stop at a stop sign, if there is one.
- * **Pass with caution** – only pass on the left and alert the people around you. Say "On your left" before passing.
- * **Ride at a safe, reasonable speed** – consider the flow of bicycle traffic and other bike path conditions.
 - * **Don't weave between cars** – avoid riding to the curb between parked cars. Motorists may not see you when you try to move back into traffic.
 - * **Follow lane markings** – don't turn left from the right lane. Don't go straight in a lane marked "right turn only"; stay to the left of the right-turn-only lane if you are going straight.
 - * **Choose the best way to turn left** – two ways to make a left turn:
 - o Like a motorist – Signal move into the left lane, and turn left.
 - o Like a pedestrian – Ride straight across to the far-side crosswalk, dismount, and walk your bike across.
- * **Whenever possible, avoid travel during peak travel times.**

SPOTLIGHT

SBCCD held its semi-annual emergency preparedness drills this past April, with a focus on fire safety and prevention. Fire drills were held on the following dates:

- April 16 – San Bernardino Valley College
- April 23 – Crafton Hills College
- April 30 – District administrative sites

At all sites, the fire alarms were activated, and students, faculty and staff made their way to the designated evacuation sites. Building Captains and Drill Coordinators then debriefed evacuees on what went well, what issues needed attention, and what everyone should do in case it were a real emergency. The fire drills were accompanied by Cisco desk phone notifications, “This is a Test” emails, phone calls, and text notifications, depending on the location.

Thank you for your enthusiastic participation in these drills. Because of it, the drills were successful and went exactly as planned.

A special thanks goes to the following individuals and departments for their support and coordination:

- District Police Department, Chief Al Jackson and Emergency Manager Paul Walker
- Scott Stark and Mike Strong, SBVC and CHC Site Safety Officers
- Jeremy Sims, Director of Technology Services, and the TESS team
- Angel Rodriguez, Director of Marketing and Public Relations, SBCCD
- Ernie Loera, Facilities Project Manager, SBCCD

Stay tuned for fire safety and prevention tips in a future Safety Newsletter.

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Emergency Preparedness Spring Fire Drills

