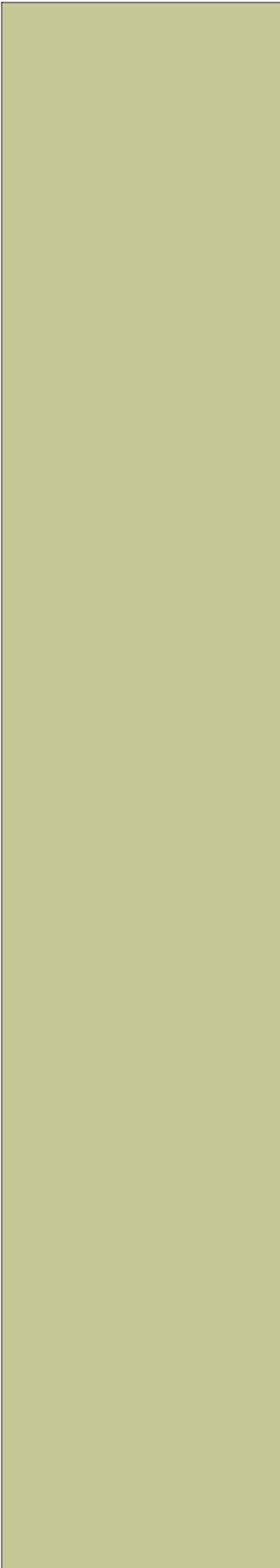


It's "flu Season" and every year a number of members of our community suffer from diseases that tend to be generically referred to as "flu." The Influenza virus (a.k.a., the "flu") does not cause most of the illnesses suffered by individuals on campus, yet this misunderstanding causes many members of our community to avoid getting a flu shot because they don't think they are effective. That is especially unfortunate (particularly this year) when the influenza strain that is most prevalent does not respond to antivirals.

In this season of close-quarter living, many of us also contract diseases that are referred to generically as "stomach flu." Some of these diseases tend to be attributed by many people to "food poisoning," but investigation usually dispels this source as the cause of such illnesses at this time of year. On the other hand, exposure to many of the agents that do cause common winter diseases like rhinoviruses (a.k.a., the common cold) and norovirus (a.k.a., various gastrointestinal miseries) can be avoided by better cleanliness habits and disease avoidance behaviors on the part of all of us. For instance, wash your hands carefully after using bathrooms or touching commonly exposed surfaces, clean surfaces exposed to many different hands, stay home when you are ill, and keep your distance from individuals showing upper respiratory symptoms or declaring themselves to be ill.

To clarify the principle causes of this season's diseases, DOES asked Eleanor Davidson, MD, the Director of our University Health Service to comment on "flu"



In order to help create a sustainable culture at Case the DOES is implementing a new recycling program. Laboratory plastics can now be recycled as long as they are handled properly. In order to prepare plastic chemical bottles, media bottles, old carboys, or any other plastic marked with a #1, #2, #3, or #5 recycle code you must first deface all chemical labels. The best way is to take a permanent marker and blackout any lettering on the outside of the bottle. Next, the lids can be disposed of in the regular trash and the bottle should be triple rinsed to ensure that no residue is left behind. Taking these steps helps to ensure that personnel removing the plastics are safe.

As mentioned above, most plastics marked with the appropriate recycle code can be recycled. This does not include pipette tip boxes or insert

...ibuprofen to reduce the fever, headache and muscle aches, as well as plenty of fluids.

What is the other kind of “flu” (the so-called “stomach flu”)?

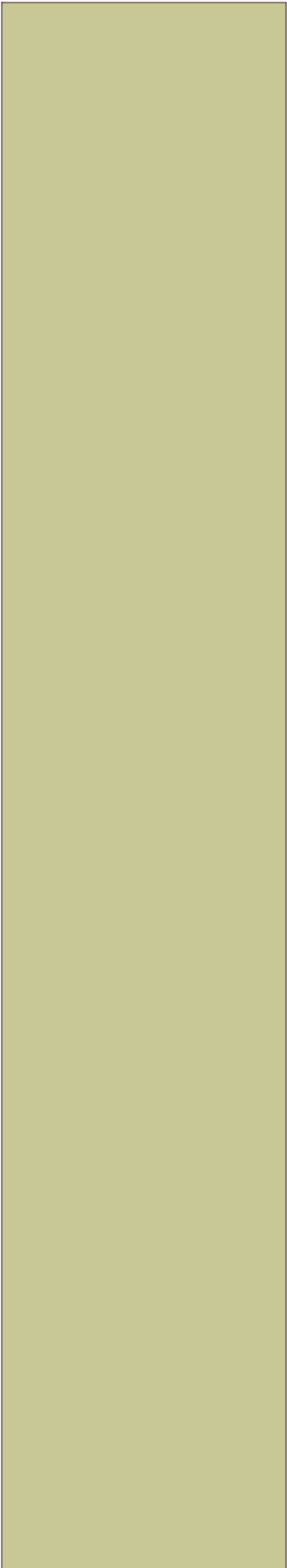
This is often caused by Norovirus. A virus that causes:

- nausea and vomiting (often many times)
- diarrhea
- aches all over
- low grade fever
- occasionally headaches

Again, this is NOT INFLUENZA. The Norovirus may develop within 24 to 48 hours of exposure to the virus. : As bad as you feel when you’re throwing up, the illness usually only lasts 24 hours. The vomiting only lasts about 6 to 12 hours.

Key points in treatment:

1. Try to sleep through the worst part (the first 6 hours).
2. Once the vomiting has stopped, don’t take anything by mouth for another 2 hours (try napping again).
3. Then begin with only sips of water or suck on a piece of ice (if you drink more, you may throw it all up and have to start the cycle again).
4. If that stays down, go to a sip of water or ginger ale every 10 minutes. Other liquids that work well would be Gatorade, tea with honey, or clear broth.
5. Next add easily digested foods, like plain rice, apple juice, saltines, or toast



## ***Disposal of Chemicals in Sanitary Sewers (Drains)—Reminders***

As you are probably already aware, all hazardous wastes are regulated by the EPA under the Resource Conservation and Recovery Act or RCRA. In general, RCRA

When a package of radioactive material is received in Shipping & Receiving, the RSOF is notified.

## ***Ultraviolet Lights— Use and Maintenance***

Ultraviolet (UV) radiation includes that portion of the radiant energy spectrum between visible light and X-rays (approximately 3900 to 136 angstrom units). Under certain conditions, including radiation inten-

## ***Eating Food in the Lab: A Dangerous and an Illegal Habit***

While a little snack or drink may seem harmless, in the lab these items can be deadly. Ingestion is the primary means by which chemical, radiological, and biohazardous materials enter the human body. Federal and Ohio laws prohibit food and drinks in ALL laboratory areas containing these materials. OSHA Reg.29 CFR 1910.1450, page 494, E.I.d. specifically states, "Avoid eating, drinking, smoking, gum chewing, or application of cosmetics in areas where laboratory chemicals are present." This includes standard laboratory, warm rooms, equipment rooms, common use and other laboratory-related areas.

Food, drinks and their corresponding containers found in Case laboratory areas will be confiscated and disposed of as . Moreover, anyone found in violation of this law will be reported to the Chairman and primary investigator in charge of the area where the policy violation occurred. Violation of this law and Case policy is a serious offense and can result in suspension of laboratory activities and privileges. All food or drink used for research purposes (dried milk, iodized salt, etc.) must be clearly labeled as follows:

“ ”

Safety should be the first priority of all members of the Case research community. If you note violations of this policy, please respond promptly by contacting DOES at 368-2907.

## ***Where is DOES?***

If you're new to Case (or simply haven't been to visit us yet), we are located in the Service Building on the 1st floor just off Circle Drive between the Health Sciences Library to the east and the Powerhouse Building to the west. For clarity, call x2906/2907 or check our website (<http://does.case.edu>) for an interactive map before your visit. Keep in mind that much of the information and services (e.g., Safety Services manuals and forms, upcoming training sessions, online training sessions, past newsletters, etc.) that DOES provides can be found conveniently online at (<http://does.case.edu>) at any time.

## ***Upcoming Training Sessions\****

While all laboratories must attend training at DOES, labs must hold specific training in the CHP and ECP as it pertains to the actual work they do. Labs will also need an outline of the CHP and ECP training and a sign in sheet to accompany. Store the sign-in sheet and outline with the CHP and ECP. IT will be asked for during lab inspections.



## *Upcoming Training Sessions\**

---

Retraining is required annually.  
DOES Small Meeting Room - Service Building 1st Floor  
PREREGISTRATION IS REQUIRED! - Please call 368-2907

---

Retraining is required annually.  
DOES conference room - Service Building 1st Floor  
PREREGISTRATION IS ! - Please call 368-2906

---

Retraining is required annually.  
DOES conference room - Service Building 1st Floor  
PREREGISTRATION IS ! - Please call 368-2906

---

Please retrain on the Internet at <<http://does.case.edu>> and click on Training.  
Print test and fax or mail it to the DOES office.  
If your training is more that one year overdue, then you must attend  
the training class in person and cannot retrain online.

---

---

Retraining is required annually.  
DOES Conference Room - Service Building 1st Floor  
PREREGISTRATION IS REQUIRED! - Please call 368-2907

(continued on page 10)

- Safety Services Manuals and Forms
- Archived DOES Newsletters
- Training Class Schedules
- Staff Information
- MSDS
- Important Safety Links
- Our Mission Statement
- Contact Information

---

W. David Sedwick, Ph.D., (wds), Director and RSO  
Felice Thornton-Porter (fst2), Q.A. Specialist II  
Shirley Mele (smm5), Manager/Ergonomic Coordinator  
Gwendolyn Cox-Johnson (gxc13), Dept. Assistant II  
Jason May (vfl), Dept. Assistant II  
Ronald Tulley (rxt33), Technical Writer

---

Marc Rubin (mdr6), Assistant Director, EH&S  
Robert Latsch (rnl2), Specialist I  
Bill DePetro (wjd11), Specialist II  
Tom Merk (tln8), Specialist II  
Jon Birkes (jon.birkes), Specialist II  
Edwin Filppi (edwin.filppi), Specialist I  
Mary Ellen Scott, Ph.D. (mas35), Specialist I

---

Karen Janiga (kej2), Assistant Director, Assistant RSO  
Yelena Neyman (yxt13), Specialist I  
Charles Greathouse (cxg118), Analyst Programmer I  
Joe Nikstenas (jen), Operations Supervisor, Specialist II  
Victoria Cook (victoria.cook), Specialist I  
Sylvia Kertesy (sylvia.kertesy), Specialist I