Emergency Preparedness Drills Take Place on Wednesday

Cypress Police Department officials are working with the campus to facilitate the drills, which simulate a shooter on campus.

The Fall 2009 semester disaster drills will take place at two separate times on Wednesday, September 16 — once in the morning and once in the evening. These will be Shelter in Place drills in response to a report of “men with guns” seen on campus.

The drills will include participation from the Cypress Police Department and the Orange County Fire Authority.

In support of the active-shooter and Shelter-in-Place drills a video titled “Shots Fired” will be available for viewing. The 20-minute video was designed by the Center for Personal Protection and Safety with the intention to empower viewers to take direct responsibility for their personal safety and security.

Faculty may consider viewing it during the drill. It may be accessed from classrooms or other areas on campus which have internet access by clicking here.

At the conclusion of the morning drill an exercise separate from the drill will take place to activate our Emergency Operations Center and have key personnel rehearse our recovery from an incident like the drill scenario (counseling provisions for students and staff, campus closure, post event communication with the campus community, press releases, etc.).

Attached you will find a description of the drill scenario as well as information and instruction specific to being part of a Shelter in Place drill.

Please plan student exams, interviews, etc. around this date. These are important training exercises for all staff and students so that we can better respond to emergencies that may arise in the future.

Thank you for your cooperation and participation in the drill.

Health Center Advises Those with Flu-Like Symptoms to Stay Home

Cypress College’s Health Center is now advising otherwise healthy students experiencing flu-like symptoms — such as fever and a cough — to stay home and call for assistance instead of visiting the student Health Center in person. This shift in policy reflects evidence that, in general, students with flu-like symptoms are reporting mild symptoms that do not require medical treatment.

Students are encouraged to call the Health Center and talk to a nurse, nurse practitioner or doctor. If you are a healthy young adult, there is no need to physically come down to the Health Center. The best thing you can do is isolate yourself at home until you are better and no longer infectious.

In response to the predicted strong reoccurrence of the H1N1 (swine) flu virus this fall, if a student presents themselves to the Health Center with flu-like symptoms, they will be sent home and asked to isolate themselves at home until 24 hours after fever has abated without the use of fever reducing medications. The Health Center is also advising students to wash hands and cover their coughs in an effort to slow the spread of disease. Hand sanitizer is also available through the Health Center, when hand washing is not practical.

This practice is in accordance with guidelines provided by the Centers for Disease Control.

Continues on next page
**HEALTH CENTER: Stay Home if You Have Flu-Like Symptoms**

*Continued from first page*

Students who do not have a chronic medical condition may call the Health Center (714) 484-7361 and talk with a nurse or nurse practitioner who will assist them with home care instructions, isolation and answer questions.

If flu-like symptoms improve but then return with fever and worse cough, students are advised to call the Health Center or their medical providers immediately.

Students who do have a chronic medical condition should contact their health care provider for further help or information.

Chronic medical conditions may include
- immunosuppression due to HIV/AIDS, chemotherapy, cancer or chronic steroid use
- pregnant women
- asthma or chronic pulmonary disease (such as cystic fibrosis)
- cardiovascular disease (e.g., congenital heart disease)
- chronic renal or hepatic disease (e.g., nephritis, dialysis, chronic hepatitis)
- neuromuscular disorders (e.g., multiple sclerosis, cerebral palsy)
- diabetes, adrenal insufficiency (e.g., Addison’s disease)
- hematologic disorders (e.g., platelet and clotting disorders)
- chronic rheumatologic disorder (e.g., lupus, rheumatoid arthritis)

Flu-like symptoms are defined as
- fever (38 degrees C/100 degrees F)
- body aches
- cough
- chills
- sore throat
- fatigue
- headache
- some experience diarrhea and vomiting

Don’t forget that “Seasonal” flu will also be arriving soon. The best way to protect yourself is to follow the same instructions for H1N1 and to strongly consider getting a flu shot.

Flu shots for seasonal flu will NOT work for H1N1. H1N1 vaccine is now in production and will be a separate set of immunizations.

Watch for flu updates and flu shot availability on the Cypress College website.

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**General Education SLO Forum Rescheduled for September 29, 3-5 p.m.**

The General Education SLO Forum, originally scheduled for Wednesday, September 9, has been rescheduled on Tuesday, September 29, from 3-5 p.m. in CCC-414.

You are invited to participate in this forum to become informed about the General Education SLO assessment and to discuss your concerns related to the Gen Ed program SLO process. You may earn two hours of flex credit for this event.

To register for this FLEX event, please go to MyGateway, click the Employee tab, and then click on the District-Wide Staff Development Registration Calendar link.

Then scroll down to September 29 on the calendar view, and, click on the CC General Education SLO Forum link and register for the event. If you register, then we will have a better idea of how many faculty are coming so that we will have enough materials available.

Upon conclusion of the forum we will form a committee to meet throughout Fall semester to define:
- The campus-wide GE program SLOs
- The contribution of each department to the process
- The development and implementation of the assessment process
- The timeline for completion of the GE program report

“I encourage you to participate in the forum to understand the GE assessment process and express your concerns, even though you may not have any intention of being a part of the GE SLO Committee,” said Ben Izadi.
**REMEMBER**
IMPORTANT DISASTER DRILL INFORMATION
PLEASE READ THE ENTIRE EMAIL & ATTACHMENTS & UPDATES

The Fall 2009 semester disaster drills will take place at two separate times on Wednesday September 16 - once in the morning and once in the evening. These will be a Shelter in Place drills in response to a report of "men with guns" seen on campus.

******Cypress police department staff will be observing the drill - which may include randomly visiting some classrooms during the drill.

******PLEASE NOTE A CHANGE IN THE TALKING POINTS the Cypress Police department informed us just today that 911 calls from campus will now go directly to them (previously these calls went to the Highway Patrol).

******There have been some questions about when to shelter in place and when to access the video (link distributed by email on 9/8/09). The suggestion is that you practice sheltering in place for 10+ plus minutes in order to have that experience and then begin the video (if you have access). Since the video is only 20 minutes long the drill should be concluding about the same time that the video finishes.

******There have also been questions about how notification of the drill start/end will occur. Please consider the following:

In an ideal situation if there was an emergency we would have a public broadcast system that could send a timely message across the campus all at once and no one would need any other device to get the message. Unfortunately that is not our current situation. Because of that we use a number of other ways to reach the campus with emergency messages: radio, bullhorn, word of mouth, cell phones (text messages), computer, speaker phone (office phones) I would hope that Floor/Building Marshalls (and others) would have one or more of these devices with them even when teaching. Even a cell phone on vibrate would work. We encourage faculty to allow students to keep cell phones on vibrate in class for potential emergency communication as well. We don't use alarms for a shelter in place drill because people automatically leave the buildings - which of course would be deadly if there was someone with a weapon outside.

Consider what would happen if this was not a drill but we had a real shooter on campus and we could not reach anyone to warn them of the threat of danger because phones, radios were in an office somewhere and no one was there to hear the message?

Attached you will find a description of the drill scenario as well as information and instruction specific to being part of a Shelter in Place drill.

Please plan student exams, interviews, etc. around this date. These are important training exercises for all staff and students so that we can be better respond to emergencies that may arise in the future. Thank you for your cooperation and participation in the drill.

Karen Cant
Vice President
Administrative Services
DRILL SCENARIO - Active Shooter:

September 16, 2009
Normal college operations
Weather – Clear skies, 80 degrees

On September 16th, 2009 at approximately 8:55 am (7:15 for evening drill), two male subjects entered the Cypress College Gateway area near the Theater. A witness called the Campus Safety office on the emergency telephone near the Business Building. The female caller stated: “I saw two men walking in the front quad area; they both had on dark clothing, with and dark sun glasses. Both subjects carried were carrying large black duffle bags. One of the subjects had a gun exposed in his waist band”. At 9:00 am (7:20 for evening drill), the suspects enter the Student Center Building. One of the suspects shot an employee and five other people. The suspects then walked outside near the Bookstore and began firing consecutive rounds, wounding an unknown number of bystanders. Both suspects enter the next entered the Business building and several people are hit by gun fire. Both Suspects are last seen going up the stairs in the Business Building.
Cypress College Emergency Preparedness
Fall 2009 Drills

Thank you for your participation in this semester’s emergency-response drills. Your sincere efforts help prepare the Cypress College community to be ready for future incidents. As affirmed by the NOCCCD Board of Trustees and Chancellor Doffoney, the work we have done here at Cypress in this regard is a critical responsibility of our jobs.

While no amount of preparedness can ensure a successful outcome in an emergency situation, not taking these steps almost certainly guarantees failure. Perhaps we need not look further back than January’s successful airplane landing in the Hudson River to see the impact that practice and preparation brings.

With that in mind, here are some instructions and for the “shelter in place” portion of the drill. We also ask that faculty share the talking points with your students and that they also be shared with all employees.

Talking Points:

- Be aware of your surroundings and report suspicious activity to Campus Safety at (714) 484-7387. Program the Campus Safety number into your cell phone for quick access.
- All calls placed to 911 from anywhere on campus will now be answered by the Cypress Police Department — including those made from cell phones.
- Sign up for emergency text messages. The college offers this service in an attempt to quickly communicate critical information to a broad number of people. Students and employees can subscribe in MyGateway in their “personal information channel” by clicking on “Set Text Message Alert Preferences.”
- Important information will also be shared (if possible) on the campus website, on MyGateway and potentially by e-mail.
- In the event of an emergency, be prepared to listen for instructions from people such as floor marshalls and Campus Safety.

Shelter in Place Overview:

A shelter in place — as its name suggests — requires everyone to stay put inside a building. Building Marshalls will secure the building exterior doors, if possible. All faculty should secure their individual classroom doors.

In the case of a shooter on campus, doors should be barricaded and everyone inside should be on the floor, still and quiet. All phones, radios, etc. should be silenced.

During the drill, we ask that you spend at least 5 minutes simulating this quiet, still environment. It is important for people to understand what such a situation feels like.

A real shelter in place scenario would take much longer to conduct; however, to reduce anxiety, we ask that you spend the remainder of the drill discussing the talking points above with your students (and/or staff). Shelter in place guidelines are also attached.

You will be notified by the floor marshall when the drill has concluded.
What “sheltering in place” means
Shelter in place means to take shelter in the place you are located.

You may be asked to shelter in place if the following events occur:
An active shooter(s), biological threats, explosions, chemical threats, nuclear blasts, radiological threats.

The appropriate response depends upon the nature of the threat. The morning emergency drill scenario involves an active shooter on campus. Depending on your location, you will be instructed to either evacuate your building or to “Shelter in Place.” You will be given a warning as the drill begins.

Shelter in Place - Active Shooter – Steps for Maximum Safety
The actions of the active shooter will dictate the best response, but whenever possible take the following immediate protective actions:

- Do not do anything to provoke the shooter!
- If in an exposed area, quickly clear students, staff and faculty.
- Try to warn others to seek cover. DO NOT POST SIGNS.
- DO NOT hide in restrooms.
- Close and lock all doors to offices, classrooms and the building. Turn off lights, close blinds and hide.
- Turn off mobile radios and cell phones or place cell phone on vibrate. Devices that emit sound will attract attention to your location.
- If your door cannot be locked from the inside, stack desks, tables and chairs to form a barricade.
- Have everyone get down on the floor or up against a solid interior wall and shelter in place.
- To prevent confusion, have only one person call Campus Safety and 911. Provide the following information if you have seen the individual:
  ✓ A description of the suspect(s); sex, race, clothing and identity - if known
  ✓ Type of weapon
  ✓ Location last seen and direction of travel

- If you are in the open without shelter run, away from the sound of the gunfire.
- If you observe any victims, give the location and number of victims.
- Rescue should only be attempted if it will not endanger the lives of others.
- If there is no possibility of escape or hiding, and only as a last resort, you may decide to negotiate with the assailant(s).
- If you are confronted by an armed suspect, follow instructions to the extent you are able.
- When the police arrive, follow their instructions.
2009 Open Enrollment is September 14 through October 9

District Benefits/Human Resources is sponsoring an Open Enrollment Benefits Health Fair at your campus!

**Tuesday, September 15**—Anaheim Campus
Room 105/107—11:30 am to 1:30 pm

**Wednesday, September 16**—Fullerton College
College Center, Rooms 224-226-228—Noon to 2 pm

**Thursday, September 17**—Cypress College
Cypress College Complex, Room 414—Noon to 2 pm

Meet with Benefits Office staff and representatives from District-sponsored health, vision, and dental plans. Insurance providers (life, disability, and accident insurance) and SchoolsFirst Federal Credit Union representatives will also be available with information and services available for school employees, and health and wellness providers will be on hand. Free massages, samples, and doorprizes from service providers and local businesses. Explore the District’s Employee Assistance Program (EAP) available to all permanent staff and dependents provided by ComPsych, Corp.

Watch the campus mail for your Open Enrollment Benefits information package.

Be sure to return any changes to your selected options by **Friday, October 9, 2009, at 5:00 p.m.**

For more information on District-sponsored benefits and open enrollment, please contact:

**Terry Chambers, Benefits Specialist/HR**
at (714) 808-4815 or tchambers@nocccd.edu
Thursday, September 17th at 12:30-2:00 PM in Complex 216
Gwen Goodmanlowe, Ph.D.
Marine Biology, CSULB

The Health of our Oceans

Humans have been creating an increasing amount of pollutants in our waterways over the past 100 years. Dr. Goodmanlowe will be discussing how some of our most common pollutants, heavy metals, pesticides, oil and plastics have been affecting our oceans and marine organisms.

Come for the hour-long lecture and stay for the Q&A afterward to find out more!

Talks are geared toward the general public. No science background is required to attend and all are welcome!

For more information, contact: Stephanie Spooner at sspooner@cypresscollege.edu or the SEM division office

*This program is funded by the Federal College Cost Reduction and Access Act Hispanic-Serving Institutions (STEM) Grant awarded to Cypress College
Do you qualify for childcare? LEARN HOW by meeting our CARE & CalWORKs staff!

Attend one of our workshops and get a chance to win one of many prizes

Learn how to receive specialized counseling, FREE books and FREE tutoring as part of the EOPS program (Extended Opportunity Programs and Services)

Do you qualify for grants or a fee waiver? FIND OUT!
Student Support Services
Success Week

DO YOU QUALIFY FOR FREE CHILDCARE?
WANT TO GET YOUR BOOKS PAID FOR FREE?
ATTEND A WORKSHOP AND GET THE ANSWERS YOU NEED!

**Wednesday, September 23rd**
- Financial Aid - Alan Reza
- How to Apply for Scholarships - Cheryl Lucero
- Are You In The Right Major - Sharon Easton

**Thursday, September 24th**
- EOPS Workshop - Avery Olson
- Time Management - Doreen Villasenor
- Financial Aid - Alan Reza

**TIME** | **LOCATION**
---|---
9:30am - 10:00am | CCCComplex 2nd Floor Conf Room
10:30am - 11:00am | CCCComplex 2nd Floor Conf Room
11:00am - 11:30am | CCCComplex 2nd Floor Conf Room
9:30am - 10:00am | CCCComplex 2nd Floor Conf Room
10:00am - 10:30am | CCCComplex 2nd Floor Conf Room
10:30am - 11:00am | CCCComplex 2nd Floor Conf Room

EARN A TICKET FOR A DRAWING AND A CHANCE TO WIN PRIZES
Cypress Charger Athletics Water polo loses their first match this year 16-12 to Sierra.

Considering today is the anniversary of 9/11, I recommend @ocredcross for #FollowFriday.

I remember this day 8 years ago like yesterday. Thank someone who serves and do something to honor those who paid the ultimate price.

Cypress Charger Athletics: Men’s Soccer defeats Victor Valley on the road, 2-1

Emergency drill is next week. Go to MyGate-way and set your text messaging preferences in your personal information... http://bit.ly/HvQHl

Cypress Charger Athletics women’s soccer wins today 4-0

@Davon21 You’ll want to call the Assessment Center for times at 714-484-7223 and make an appointment at Counseling at 714-484-7015.

@Amber_Paul The test is administered through the Assessment Center (2nd fl of Student Center). You will want to call for times: 714-484-7223

Don’t think I RT’d OC Register article on record enrollment (but vacation turned my brain to mush, so I may be wrong). http://bit.ly/cCjhB

Need help with Math or English? It’s available in the Library/LRC on the 1st floor. 11:22 AM Sep 9th from TweetDeck

@IrieCheese Thank you. It’s much appreciated.

Enter the California Department of Public Health “LIGHTS, CAMERA, SAVES LIVES!” video contest to fight ‘Swine Flu’ http://bit.ly/45mGcB


Cypress Charger Athletics: Women’s Water Polo wins second straight to improve to 2-0, their best start in years. http://bit.ly/ylsrl

Cypress Charger Athletics: Women’s Soccer opens with a 2-1 win. They host their home opener today (Tuesday) at 3:00 pm. http://bit.ly/oXXev

Cypress Charger Athletics: Cypress men draw a record crowd but fall in the final minutes by one goal. http://bit.ly/NcQlH

Cypress Charger Athletics: Two home openers today! Women’s Soccer and Women’s Water Polo, both at 3:00 pm.

Don’t forget Welcome Back event by @cypressas today between the ponds. Free food. Info at Student Activities office.

Cypress college is bumpin rock steady. Yayuh. This is why i go here. lol (via @jackie_servino)

Don’t forget @cypressas welcome back event today and tomorrow between the ponds. Free food and more. Visit Student Activities
two opening receptions for: “ONA2X2” and “DEATH AND REBIRTH” 3:08 PM Sep 1st from TweetDeck

Women’s Volleyball Sweeps at Pasadena Tournament for the Championship. http://www.cypresscollege.e... 4:13 PM Aug 31st from TweetDeck

To learn more, visit the newroom, 1st floor of Fine Arts Bldg. RT @MichaelMystical: People need to join our CypressCollege Journalism team 3:10 PM Aug 31st from TweetDeck

Women’s Volleyball premiered at the Pasadena tournament Friday winning both of their matches. 3:05 PM Aug 31st from TweetDeck

On Fri., men’s soccer started their season with a 5-5 come-from-behind tie. It was the 1st game for the team under head coach Ed Kephart. 3:04 PM Aug 31st from TweetDeck

Today’s Men’s Soccer game has been postponed due to smoke at Chaffey. Stay tuned for rescheduling information. 3:01 PM Aug 31st from TweetDeck

RT @herrenz http://twitpic.com/fmbjr - Peaceful day at cypress college 2:59 PM Aug 31st from web


12:23 PM Aug 31st from TweetDeck

RT @cypressags AGS honor society has got some rad events planned this semester. Check us out at our 1st meeting today in SEM106 4-5 PM :) 8:44 AM Aug 31st from Tweetie

Sept. 16. Read more in “@ Cypress”, link on front pg of website. RT @e1aine @CypressCollege What days will the fire drills be on this sem.? 8:31 PM Aug 30th from Tweetie

Yes, those and all other 16-week late-start courses. RT @CiaraJNegron @CypressCollege ATC classes start tomm! [: 8:27 PM Aug 30th from Tweetie

Dec. 18-Jan. 18. Finals are Dec. 9-17, so you could be done a bit earlier. RT @Badymaru @CypressCollege when’s Cypress’s Winter break?? 9:53 PM Aug 29th from Tweetie

March 29-April 2 RT @justinmonroy @CypressCollege when’s Cypress’s spring break? 8:31 PM Aug 29th from Tweetie

8:44 AM Aug 30th from Tweetie

Men’s soccer starts season with a 5-5 come-from-behind tie on Friday evening. 10:06 PM Aug 28th from Tweetie

Don’t forget: parking passes required starting on Monday. Grab it and put it in your car before heading out to party tonight. 8:01 PM Aug 28th from Tweetie


Men’s Soccer and new head coach Ed Kephart premier at Southwestern at 4:00 pm. today. 2:21 PM Aug 28th from TweetDeck


This week’s edition of the @Cypress newsletter is now online: http://bit.ly/3vi0oC 2:08 PM Aug 28th from TweetDeck

Digging the #FF love. Thanks @davisbarber @mjasone @OCRreport_ca @XiraNetworks! 1:34 PM Aug 28th from TweetDeck
# Cold vs. Flu Tool

Do You Know the Difference Between Cold and Flu Symptoms?

Check out the Symptoms at a Glance chart below.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Fever is rare with a cold.</td>
<td>Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.</td>
</tr>
<tr>
<td>Coughing</td>
<td>A hacking, productive (mucus-producing) cough is often present with a cold.</td>
<td>A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).</td>
</tr>
<tr>
<td>Aches</td>
<td>Slight body aches and pains can be part of a cold.</td>
<td>Severe aches and pains are common with the flu.</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.</td>
<td>Stuffy nose is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chills</td>
<td>Chills are uncommon with a cold.</td>
<td>Chills are fairly common in most flu cases. 60% of flu cases include chills. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Tiredness is fairly mild with a cold.</td>
<td>Tiredness is moderate to severe with the flu.</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Sneezing is commonly present with a cold.</td>
<td>Sneezing is not common with the flu.</td>
</tr>
<tr>
<td>Sudden Symptoms</td>
<td>Cold symptoms tend to develop over a few days.</td>
<td>The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.</td>
</tr>
<tr>
<td>Headache</td>
<td>A headache is fairly uncommon with a cold.</td>
<td>A headache is very common with the flu, present in 80% of flu cases.</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Sore throat is commonly present with a cold.</td>
<td>Sore throat is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Chest discomfort is mild to moderate with a cold.</td>
<td>Chest discomfort is often severe with the flu.</td>
</tr>
</tbody>
</table>
Interim Centers for Disease Control & Prevention Guidance for Institutions of Higher Education and Post-secondary Educational Institutions in Response to Human Infections with Novel Influenza A (H1N1) Virus

Recommended responses to influenza for the 2009 – 2010 academic year

Promote self-isolation at home by students, faculty, and staff with flu-like illness

• If possible, persons with Influenza-Like-Illness (ILI) who wish to seek medical care should contact their health care provider or campus health services to report illness by telephone or other remote means before seeking care. Institutions should assure that all students, faculty and staff receive messages about what they should do if they become ill with ILI, including reporting ILI to health services.

• Those with flu-like illness should stay away from classes and limit interactions with other people (called “self-isolation”), except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu.

• Encourage hand hygiene and respiratory etiquette of both people who are well and those that have any symptoms of flu: Emphasize the importance of the basic foundations of flu prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

North Orange County Community College District
Cypress College Health Center
Fullerton College
School of Continuing Education

1. Avoid close contact with others who are ill.
2. Stay home when you are ill.
3. Cover your nose and mouth when sneezing or coughing.
4. Avoid touching your eyes, nose, or mouth.
5. Wash your hands before preparing food.
6. Wash your hands frequently, especially after using the bathroom.
7. Use an alcohol based gel hand sanitizer between hand washing.*
8. Maintain a good diet, be physically active, and get plenty of sleep.

*SMALL BOTTLES OF HAND SANITIZER ARE AVAILABLE IN THE HEALTH CENTER

For more information regarding H1N1 Virus, please visit MyGateway through the District or campus websites: www.nocccd.edu; www.cypresscollege.edu; www.fullcoll.edu; www.sce.edu