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# Office of Information Security Shares 5 Tips to Safely Using Social Media

OCTOBER 13, 2014



*photo courtesy of fbi.gov*

October is National Cyber Awareness Month (NCSAM) and according to [staysafeonline.org](http://staysafeonline.org), NCASM was created as a collaborative effort between government and industry to ensure every American has the resources they need to stay safer and more secure online. The Georgia Southern University Information Security Office is celebrating this month by sharing cyber information and tips each week.

Chief Information Security Officer Mike Wise says the Office of Information Security promotes a secure environment for the University to meet its mission of academic distinction in teaching, scholarships, research and service.

"Cyber Security is a constant factor in our lives. In today's world, we are dependent on our online presence for everything from banking to watching our favorite shows. With this convenience comes the increased risk of cyber-crime," said Wise. "Not only is your information at risk, but so is the security of the University data you come into contact with every day."

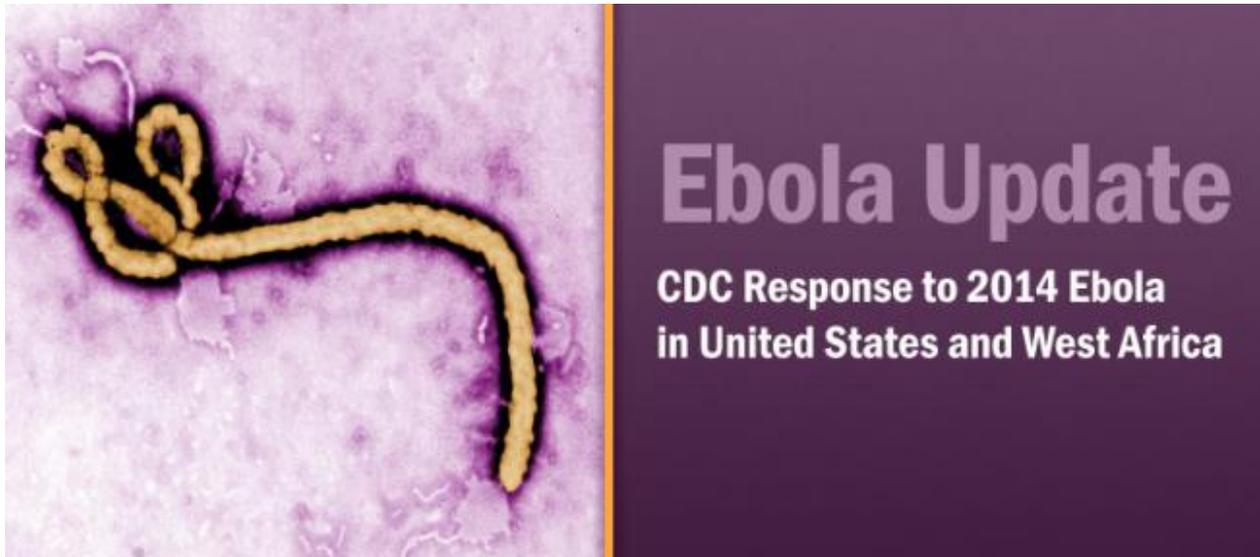
In honor of the observance, Wise shared 5 tips from [SafeWise.com](http://SafeWise.com) to safely using social media.

1. **Have a strong password** – The stronger your password, the harder it is to guess. Use special characters like symbols and capital letters when creating your password. Also, don't use "common" passwords, like your birthday or your child's name.
2. **Be careful with your status updates** – Often, we innocently post status updates that would give an identity thief information they need to steal our identity. For example, you may post "Happy birthday to my mother!" and then tag her in the post. Likely, your mother's maiden name will be associated with that tag now. A popular security question is "What is your mother's maiden name?" and if you share that online, you run the risks of identity thieves getting the answer to this commonly used question.
3. **Don't reveal your location** – You can use a fake location or make one up from another city and state. You may even be able to leave this information blank. Be cautious and never use a city and state where you live.
4. **Don't become overconfident** – One of the biggest threats to online security is overconfidence. Whether at home or at work, many users believe as long as they have a firewall and an antivirus installed, there is no threat to security. Many people also believe that they don't have anything worth hacking so there's no need to worry about security. With today's technology, we are more connected to each other than ever before.
5. **Avoid posting** travel plans, bank account information, your full address and birthdate, your children's' names, school, and birthdays, location information or your daily schedule.

For more tips on how to safely use social media visit [www.staysafeonline.org](http://www.staysafeonline.org).

# Jiann-Ping Hsu College of Public Health Talks Fast Facts on Ebola Virus

OCTOBER 13, 2014



Officials from the Georgia Southern University Pandemic Influenza and Emergency Infectious Disease Committee recently met to discuss [community and campus preparedness and response](#) related to infectious diseases such as the Ebola virus and Influenza. Isaac Fung, professor and infectious disease epidemiologist, and members of his staff, today gathered several fast facts to identify the virus and prevent its spread.

## **Preventing infection of Ebola:**

- **Do** wash your hands with soap and water often or use alcohol-based sanitizer [1,2]
- **Do not** touch blood or bodily fluids (e.g. saliva, sweat, urine, feces, vomit) of those who are sick, do not handle bodies of individuals who have died from Ebola, or animals infected with Ebola [2]
- **Avoid** unnecessary travel to affected countries (Guinea, Liberia, and Sierra Leone) [3]

## **Recognizing the infection:**

*\*If you have recently traveled to an area where the Ebola outbreak is occurring\**

- Seek medical care immediately if you develop a fever (greater than temperature of 101.5°F/ 38.6°C) and any of the other following symptoms [1,2]: headache, stomach pain, muscle pain, vomiting, diarrhea or unexplained bruising or bleeding.

If you have not had any symptoms of Ebola for 21 days since leaving a West African country with Ebola outbreaks, you do not have Ebola. [4]

### **What to do if you think you or someone has the infection?**

- Seek medical care immediately. Before you go to the hospital, notify the doctor about your symptoms, and your recent travel to West Africa or recent contact with someone sick with Ebola. Limit your contact with other people and do not travel anywhere else besides a healthcare facility. Avoid public transportation.

For additional information about Ebola visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

### **References:**

[1] Centers for Disease Control and Prevention (2014). *What You Need to Know About Ebola*.

Retrieved from: <http://www.cdc.gov/vhf/ebola/index.html>

[2] Centers for Disease Control and Prevention (2014). *Questions and Answers on Ebola*. Retrieved

from: <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

[3] Centers for Disease Control and Prevention (2014). *Advice for Humanitarian Aid Workers Traveling to Guinea, Liberia, Nigeria, or Sierra Leone during the Ebola Outbreak*. Retrieved

from: <http://wwwnc.cdc.gov/travel/page/humanitarian-workers-ebola>

[4] Centers for Disease Control and Prevention (2014). *Advice for Colleges, Universities, and*

*Students about Ebola in West Africa*. Retrieved from: <http://wwwnc.cdc.gov/travel/page/advice-for-colleges-universities-and-students-about-ebola-in-west-africa>