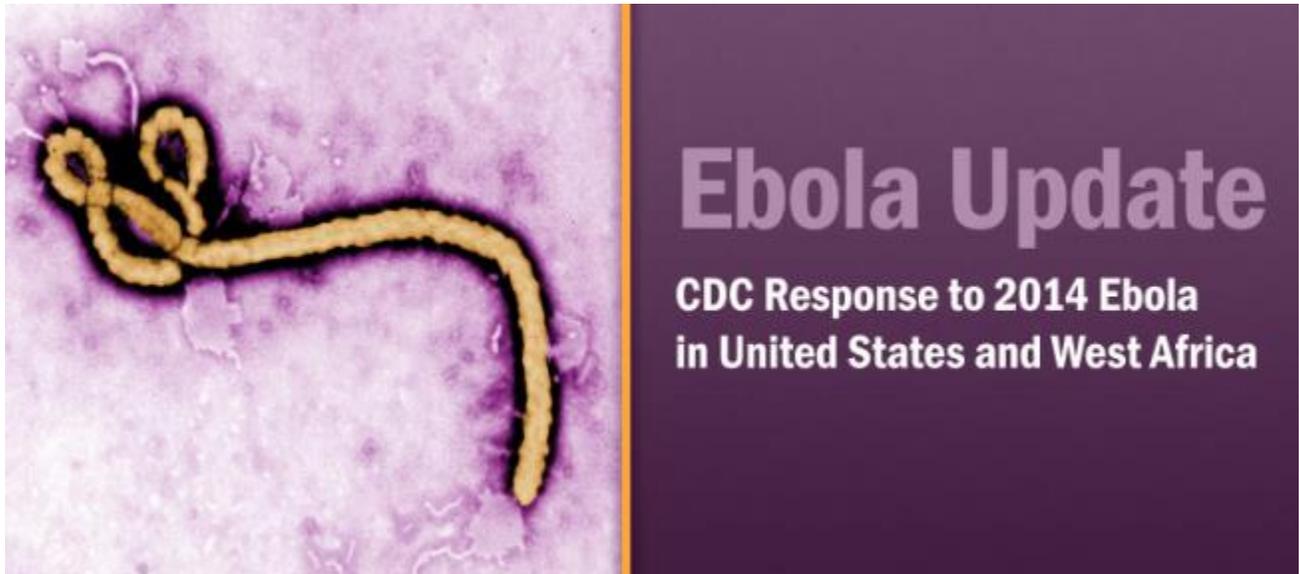


Jiann-Ping Hsu College of Public Health Talks Fast Facts on Ebola Virus

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 Ebola²

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.

1Centers for Disease Control and Prevention (2014). What You Need to Know About Ebola. Retrieved from: <http://www.cdc.gov/vhf/ebola/index.html>

2Centers 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>

3Centers 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>

4Centers 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>

[Tags: College of Public Health](#)

Georgia Southern Circle of Omicron Delta Kappa Inducts New Members

OCTOBER 13, 2014



Alumni Maj. Gen. Leslie Smith was the keynote speaker during the Georgia Southern Circle of Omicron Delta Kappa's annual Induction Ceremony. The event was attended by more than 100 friends and family of those being recognized.

Georgia Southern Circle of [Omicron Delta Kappa](#) (ODK), the local chapter of the national leadership honor society, held their annual induction ceremony over the weekend, where more than 30 students gained membership into the prestigious society. Alumnus Maj. Gen. Leslie "Les" Smith (85') was also inducted into the local Circle, and served as the keynote speaker during the event held in the theater of Russell Union.

"We are excited to induct Maj. Gen. Smith into the Circle of his alma mater and to recognize his leadership and service to our country," said Todd Deal, director of Student Leadership & Civic Engagement, and member and faculty secretary of Georgia Southern's local Circle.

Major General Leslie "Les" Smith



Smith is the Commanding General of the United States Army Maneuver Support Center of Excellence, Ft. Leonard Wood, Missouri. He received his commission from Georgia Southern University in 1983 as a Field Artillery Officer and was later selected as a distinguished military graduate from the University.

In addition to Smith's keynote address at the Georgia Southern Circle of OΔK's Induction Ceremony, he also received a tour of campus, met with President Brooks Keel, attended the Homecoming BBQ and was a distinguished guest at Georgia Southern University's Homecoming football game during his weekend visit to Statesboro. Learn more about Maj. Gen. Smith and his

time at Georgia Southern by reading his [True Blue Fan Profile](#).

OΔK is a 100-year old national leadership honor society that has initiated more than 300,000 members since its founding. The Society recognizes not only academic achievement but also campus leadership across five phases of campus life: scholarship, athletics, campus or community service, social or religious activities, and campus government, journalism, speech and the mass media and creative and performing arts. The Georgia Southern Circle of OΔK was chartered in 1999.

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Tags: [Alumni](#)

Fan Profile: Sara Teate

OCTOBER 6, 2014



Georgia Southern alumna Sara Teate ('10) is True Blue, through and through, sharing her spirit in a unique way.

Teate earned her degree from the University in music education with an emphasis in voice. Since graduation, the Powder Springs, Georgia, native has landed jobs performing places like Princess and Carnival cruise lines, Dollywood, Busch Gardens and Stone Mountain. Currently, Sara is performing on land to sold out shows in Ft. Lauderdale, Florida, at the Broward Stage Door Theatre in a 60s review show.

And recently, Sara was a performer on Silversea Cruise Line, performing the roles including Sandy in "Grease" and Elsa in "The Sound of Music," among others. This also allowed her to share her True Blue roots around the world in places like Italy, France and Monaco, and with her fellow crew members.

"There is a walkway where all the ship's crew pass every day called the I-95. When I wore my Georgia Southern t-shirt with the iconic phrase 'One More Time,' I always heard my fellow crew members say, 'One More Time' as I pass," she said. "I explained to them what this means to us and

they love it. American football is not as important to them as their cricket or soccer, but they do know the meaning of winning, and the Georgia Southern Eagles are winners! GATA!”

Growing up, Sara was always around music, having been a part of a family of musicians including her father, Gary Teate, a trumpet player and bass singer; her mother, Cindy Teate, a piano player and soprano singer; and her brother, Patrick Teate, a piano player and a tenor singer. Although she grew up around music and cherishes the influence from her family, Georgia Southern is where Sara “found her voice.”

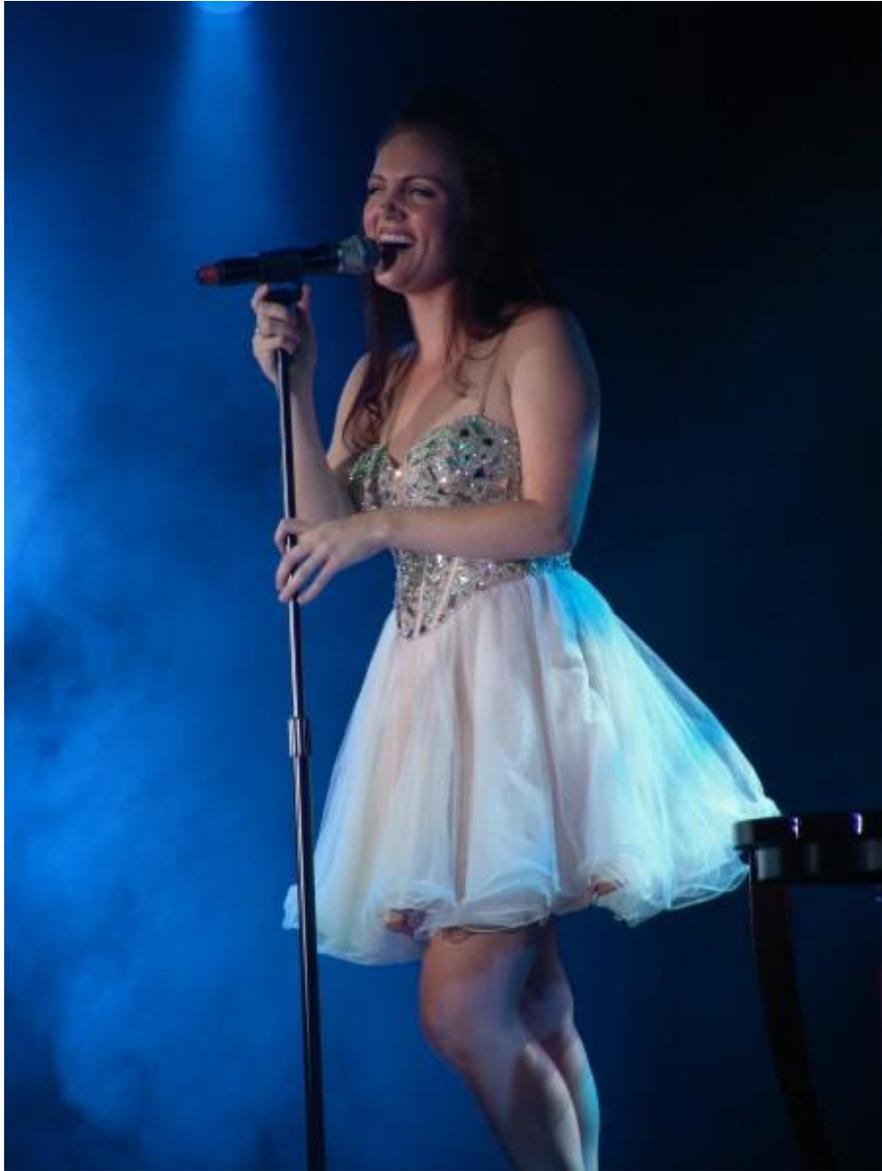
“Before coming to Georgia Southern, I was just a Celine Dion, Shania Twain, Britney Spears wanna-be,” she said. “I owe my whole career thus far to Dr. Tamara Watson Harper and Dr. Allen Henderson. They trained not only my voice but also my whole performing being. It’s not just about the beauty of the voice, but the way you can bring the whole audience into your world with your performance.”

So it’s no surprise that Sara got involved in the music scene at the University as a member of the Southern Chorale and Georgia Southern Opera. In fact, one of her fondest memories during her time as an Eagle was performing Randall Stroope’s “Amor De Mi Alma” with Southern Chorale.

“I will never forget the way we all held on to every last second of that performance,” she said. “With just the flick of the amazing Dr. Rod Caldwell’s little finger, we knew exactly how he wanted us to perform every line of the song. We were just as captivated with him and his passion as the audience was with the performance.”

The alumna holds on to her memories of Georgia Southern, taking them with her around the world and sharing her True Blue spirit with many of the people she meets. But what sticks with her the most about her experience in Statesboro is tradition.

“My dad always taught me the value and importance of tradition, and I have come to love most the tradition at Georgia Southern University,” she said. “I have literally been around the world and back, but I always know I can come home to Statesboro and still eat a chicken melt at Vandy’s, watch Freedom fly and get my favorite ‘melt in your mouth’ cookie from Heavenly Ham. Oh, and of course, football!”



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, 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 to safely using social media.

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.

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.

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.

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.

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.