About Mizzou

Founded in 1839 the University of Missouri is the first public university west of the Mississippi

32,777 students choose from over 300 degree choices within 18 schools and colleges

With students from all 50 states, every county in Missouri and more than 100 countries, we have a diverse environment and vibrant campus culture

Internationally respected research institution

Mizzou is one of six U.S. public universities with law, medicine, and veterinary medicine on one campus and over 2000 dedicated faculty and instructors

Students get involved! 30+ musical ensembles, 50+ club and recreational sports, 600+ student clubs and organizations, 50+ fraternities and sororities

An SEC leader in academic progress rate, which measures eligibility, retention and graduation rates

Take a 360° virtual campus tour: Missouri.edu/online-tour

About Columbia

Columbia has a population of 120,612

200+ restaurants

16 festivals

42+ parks and recreation facilities

Vibrant downtown shopping district

Consistently ranked a top U.S college town by Forbes and Outside magazines, The Daily Beast, CBS News and Livability.com

Learn more: Como.gov
# Managing your Environmental Impact

## Reduce

Be cognizant of how much you need. It may require an extra reminder, but reducing your impact can make a difference.

**Paper**
- Consider an email rather than printing
- Print double-sided

**Energy**
- Put your computer to sleep when leaving work
- Turn off your computer monitor
- Turn off the lights when leaving a room
- Unplug unused items such as cell phones and coffee pots

## Reuse

What can you simplify in your life or get more out of if you take a second look? Reusing materials can prevent waste.

**Lunch time**
- Create a sustainable survival kit for meal times
- Bring reusable silverware and a reusable lunchbox
- Use reusable travel mugs and water bottles
- Wash your dishes in the office

**Paper**
- Save single-sided materials to use as scrap paper in the future

## Recycle

Knowing how to correctly sort recyclables at MU is important. This ensures that materials can have future uses.

**Paper**
- Examples include: envelopes, office paper, coffee sleeves and soft bound books

**Cardboard**
- Please break this down at the nearest receptacle outside labeled “cardboard” or “fiber only”

**Plastic, glass & metal**
- Check the label! All plastics (#1-7) are acceptable except styrofoam and plastic film
- Examples include: water bottles, glass jars and aluminum cans

## Beyond the three R’s

### MU Power Plant

It is ranked #4 by EPA’s Green Power Partnership. The power plant supplies energy and drinking water to the entire campus. 40 percent of its portfolio is renewable energy, including wind, solar and biomass.

### Electronic Waste Drives

Volunteers from student organization Sustain Mizzou collect and properly dispose of electronics. There are around four drives ever year in the spring and fall semesters.

### Farmers’ Markets

The Sustainability Office hosts local vendors on campus in the spring and fall semesters.

### Tiger Treasures

Students, faculty and staff donate unwanted items, diverting over 20 tons of material from the landfill. A large rummage sale is then organized for the community. Proceeds go to local nonprofits.

### Local food

Around 34 percent of Campus Dining Services food and beverage expenditures are local or regional.

### Transportation

Consider carpooling, walking or riding your bike. Using public transport can also reduce emissions.

sustainability.missouri.edu musustainability@missouri.edu facebook.com/MUSustainabilityOffice Twitter: @MUSustainOffice
DO YOUR PART

SLOW THE SPREAD OF GERMS

Cover your coughs and sneezes

Stay home when you are sick

Wash your hands often
Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### The Difference Between Colds and Flu

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset of illness</td>
<td>Slow</td>
<td>Sudden</td>
</tr>
<tr>
<td>Fever</td>
<td>None or mild</td>
<td>High</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Mild</td>
<td>Severe up to 2 weeks</td>
</tr>
<tr>
<td>Muscle aches</td>
<td>None or mild</td>
<td>Common and often severe</td>
</tr>
<tr>
<td>Chills</td>
<td>Uncommon</td>
<td>Common</td>
</tr>
<tr>
<td>Headache</td>
<td>Uncommon</td>
<td>Common and sometimes severe</td>
</tr>
<tr>
<td>Runny nose</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Appetite</td>
<td>Normal</td>
<td>Decreased</td>
</tr>
</tbody>
</table>
University of Missouri System & Columbia Campus
REPORT OF INJURY WORKERS COMPENSATION

STEPS TO TAKE

1 Employee – report work-related injury immediately to supervisor. Failure to report may jeopardize your ability to receive workers’ compensation benefits.

2 Supervisor – direct employee for Authorized Medical care immediately if indicated.

3 Supervisor – complete Report of Injury & file with the Campus Contact within 24hrs of employee notice.

WEBSITE
http://www.umsystem.edu/ums/fa/management/risk/insurance coverages-workers compensation/

CAMPUSS CONTACT
Leigh Hollinger
Email: hollingerle@missouri.edu
Ph 573-882-7019 Main Ph 573-882-8100 F 573-882-7861

AUTHORIZED MEDICAL
Work Injury Services
7:30 am – 4 pm M-F
University Hospital
One Hospital Drive | Rm MC-11
Ph 573-884-9924

Mizzou Urgent Care
7 days a week 8am - 8pm
Holidays 8am - 4pm
Closed Thanksgiving & Christmas
551 E Southampton Drive
(Across from State Farm)
Ph 573-882-1662

FirstNurse
Telephonic 24/7 Triage Nurse & after hour care
Immediate telephonic nurse contact on a 24/7 basis
Ph 855-653-8225

Emergency or After Hours Care
MUHC – University of Missouri
One Hospital Drive
Ph 573-882-4141

REPORT OF INJURY
http://www.umsystem.edu/ums/fa/management/risk/forms/

Submit Report of Injury
Email umrimwcclaims@umsystem.edu
Fax 573-882-7861

Third Party Claims Administrator
Brendtwood Services
733A Crown Industrial Blvd
Chesterfield, MO 63005
Ph 615-236-1300