



March 10, 2023

Weekly Situational Awareness Brief

Awareness Topics

Sarasota Memorial Hospital workers receive death threats after COVID-19 response report

“Criticism of Sarasota Memorial Hospital's handling of the COVID-19 pandemic and over a recent report on its pandemic performance has escalated to voicemail and online threats against doctors and hospital staff, according to the hospital and Sarasota Police. Hospital officials said Thursday they had asked police to investigate two death threats made against doctors at Sarasota Memorial in a COVID-19 forum on the multi-platform messaging service “Telegram.””

The dangerous fitness trend "dry scooping" and how to address it with gym-goers

“Pre-workout powders are popular among gym-goers, and some athletes are ‘dry scooping’ them or consuming them sans water. ‘Dry scooping’ can be dangerous as it

can increase choking risks or caffeine overload. You may want to talk to patients about risks or educate them on the importance of carbohydrates as food-based fuel.”

Drug shipments to U.S. hold cheap generic Viagra, not opioids feared by FDA

“For years, the Food and Drug Administration has defended its efforts to intercept prescription drugs coming from abroad by mail as necessary to keep out dangerous opioids, including fentanyl.”

These 6 tips can help you skip the daylight saving time hangover

“As clocks march ahead and daylight saving time begins this weekend, you may be anxious about losing an hour of sleep and how to adjust to this change.

Even though it's technically just one hour lost due to the time change, the amount of sleep deprivation due to disrupted sleep rhythm lasts for many days and often throws people off schedule, leading to cumulative sleep loss.”

Borg—TikTok’s binge drinking trend—is blamed for putting college students in the hospital

“Borgs, also known as “blackout rage gallons,” are plastic gallon containers filled with a mix of alcohol, water, and electrolytes. Diluting the alcohol can make people falsely assume they aren’t drinking as much as they really are. Borgs typically contain a fifth of alcohol, which equates to roughly 16 drinks. College campuses’ latest party trend may be to blame for putting students in danger, a university warns.”

Announcing the Release of the Administration’s National Cybersecurity Strategy

“The White House released its National Cybersecurity Strategy today to establish an affirmative vision for a secure cyberspace that creates opportunities to achieve our collective aspirations. In this decisive decade, the United States will advance cyberspace as a tool to achieve our goals in a way that reflects our values: economic security and prosperity; responsive and rights-respecting democracy; and a vibrant and diverse

society. Our rapidly evolving world demands a more intentional, more coordinated, and better-resourced approach to cyber defense. We face a complex threat environment, with state and non-state actors developing and executing novel campaigns to threaten our interests. At the same time, next-generation technologies are reaching maturity at an accelerating pace, creating new pathways for innovation as well as increasing digital interdependencies.

The Cybersecurity and Infrastructure Security Agency's (CISA) 2023-2025 Strategic Plan

“The Cybersecurity and Infrastructure Security Agency’s (CISA) 2023-2025 Strategic Plan is the agency’s first, comprehensive strategic plan since CISA was established in 2018. This is a major milestone for the agency: The CISA Strategic Plan will focus and guide the agency’s efforts over the next three years. The Strategic Plan builds on the foundation created through the CISA Strategic Intent published in August 2019 to guide the agency’s work and create unity of effort. In our role as the nation’s cyber defense agency and the national coordinator for critical infrastructure security, CISA works with critical infrastructure partners every day to address the evolving threat landscape.”

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