



NOVA PD trains for everyday emergencies.

NOVA Public Safety Newsletter



January 2021

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Download the **FREE** LiveSafe Mobile Safety App

Police Dispatch
(703) 764-5000
Call Us 24/7/365

NOVApolice@nvcc.edu



Happy New Year From Penelope

Penelope was not big on 2020, but it's now 2021 and it's a whole new ballgame!

As you can see, Penelope has big plans for the New Year and hopes you'll take some advice from her if you still haven't finalized your resolutions:

1. Do not text and drive; it's as dangerous as drinking and driving.
2. Look behind yourself on occasion when out in public. Situational awareness will discourage potential thieves and attackers.
3. Download the free LiveSafe mobile safety app. It's fast, easy, and free.

<https://www.livesafemobile.com/>

4. Sign up for NOVA Alert.
<http://alert.nvcc.edu>
5. Program NOVA Police Dispatch into your cell:
703-764-5000.
6. Sign up for free police training.
Contact novapdoutreach@nvcc.edu
7. Wear your mask, maintain social distance, and wash your hands often.
8. Study hard.
9. Maintain a positive attitude in 2021.
10. Follow Penelope on Instagram at @penelopenovapolicecat.
11. Most importantly, have fun.

Protecting Your Medicines at Home

Do you know that the abuse of prescription medicines is more widespread than the use of traditional street drugs (excluding marijuana)? For instance, according to the Substance Abuse and Mental Health Services Administration, approximately three times the number of people abusing cocaine abuse prescription drugs.

Protecting Your Medicines at Home (cont'd)

The most commonly abused medicines are opioid pain relievers, sedatives and stimulants. Abusers obtain these medicines through theft and fraud, including forged prescriptions and faking illness to doctors. Thieves may include family members and others with access to your personal spaces, such as a caregiver, cleaner or service worker.



Here are some tips to keep yourself and your loved ones safe:

- Only take medicines prescribed to you. Do not take medicines of others, even if they have symptoms similar to your own.
- Do not store medicines in hot or humid places, such as a bathroom cabinet or an automobile glovebox. Heat and moisture may degrade medicines and make them unsafe. Similarly, don't store them in refrigerators unless directed. Store medicines in a cool and dry place, protected from light.
- Do not store medicines where they can be accessed by others, such as bathroom cabinets which generally do not lock, purses, nightstands and coat pockets. Lock medicines and medical supplies, such as syringes, in a locking cabinet and secure the key.
- Keep all medicines in their original containers with their original labels intact.
- Never take medicines in the dark. Turn on the light and use your glasses if required for reading.
- Avoid taking medicines in front of young children because they like to imitate adults.
- Never refer to medicine as "candy" or tell children it tastes good.
- Check medicines before taking them. Ensure they are the same as other pills in the bottle.
- Do not take medications whose appearance or smell has changed. If changes are detected, consult your pharmacist.
- Follow instructions carefully; do not take medicines after their posted expiration dates.
- Inspect your medicine storage cabinet at least once a year. Ask yourself whether you (still) need the medicine, is it expired, and is it in its original container.
- Do NOT dispose of medicines by dumping them in the sink or toilet or by throwing them in the trash. Consult with your local pharmacist. If you have additional questions, call your NOVA Police.

Every year, Poison Control Centers receive more than one million calls, and many children are victims of accidental poisonings. Be responsible! Safeguard your medicines and protect yourself and your family.



Who You Gonna Call ?



**EMERGENCY
DIAL 911**

Who are you gonna call? How can you stay connected before, during, and after an emergency? Where can you get resources? Let's break it down.....

Call 911 - For any emergency situation. Call if you can, text if you can't.

Call NOVA Dispatch – 703-764-5000 – to request police services (e.g., escorts to/from vehicles, unlocks (you can also request using the LiveSafe Mobile Safety app), contact a specific officer, report crimes, etc. **Please do not call Dispatch for school closing information.** Check out NOVA's website (www.nvcc.edu).

You can also get helpful information from the following state numbers:

Call 211 – Get Connected. Get Help.

211 is a vital 24/7/365 service that connects millions of people to assistance every year. It is available for everyday challenges and during crises and disasters. 211 can help you put food on the table, find a safe place to live, paying housing and utility bills, access affordable healthcare, and assist those in personal crises (e.g., suicidal ideations, sexual assault, substance abuse). Call 211 or visit www.211.org; they speak over 180 languages. All calls are confidential and citizenship is not required.

Call 511 - 511 provides users with real-time, accurate traffic Virginia Department of Transportation (VDOT) 24/7 information about Virginia road conditions, traffic congestion, and highway construction. For real-time traffic updates and road conditions, visit <https://www.511virginia.org/>. For more information, visit https://www.virginiadot.org/travel/511_virginia_faqs.asp.

Call 711 – Virginia Relay enables people who are Deaf, Hard of Hearing, Deaf/Blind, or have difficulty speaking to communicate by TTY (text telephone) or another assistive telephone device with anyone who uses a standard phone. Anyone can make a Virginia Relay call by dialing 7-1-1. Visit <https://www.varelay.org/> for more information.

Call #77 – You can contact Virginia State Police on your cell phone when on the interstate and in some rural areas. Call #77 if you need assistance or for traffic problems such as crashes, disabled vehicles, and reckless drivers.

Visit www.vaemergency.gov for information on what to do before, during, and after an emergency. *Get a kit. Make a plan. Be informed.*



Motor Vehicle Theft Prevention

Motor vehicle theft is big business in the United States! According to the FBI, almost three-quarters of a million vehicles were stolen in 2019. The total value of these thefts was almost \$7 billion, with the average dollar loss per theft being \$8,886. An average of 219.9 vehicles were stolen for every 100,000 people nationwide. In the District of Columbia, the statistic was much higher (330.0/100,000) while it was lower in Maryland (186.2) and Virginia (120.3).



Apart from the inconvenience, motor vehicle theft drives up insurance premiums. Of even greater social concern, these stolen vehicles are often used to transport drugs, traffic humans, or sold to feed drug habits.

Here are some suggestions to prevent vehicle thefts:

- Lock your car (half of all stolen vehicles were unlocked)
- Don't leave your keys (especially a spare FOB) in the vehicle; 20% of stolen vehicles had keys in them
- Lock all doors when leaving your vehicle and check them upon your return to see they still are locked
- Keep doors and windows locked when you are in a vehicle
- If someone is loitering near your car, don't approach it, and be wary of people who approach your vehicle to ask for directions, change or to hand out flyers
- Stop only at well-lighted and visible ATMs, park close, and scan the area for suspicious persons before you exit your vehicle.
- If a carjacker confronts you, get out of your car quickly; it's not worth losing your life. Get a good description.

There are other safeguards you can take, such as installing visible and audible deterrents (e.g., audible alarms; steering wheel or tire locks, theft deterrent decals and etch your VIN on the window) or installing vehicle immobilizers or tracking systems. State and local police can help you etch your windows. If you need more information, contact NOVA Police Outreach at novapdoutreach@nvcc.edu or call NOVA Dispatch at 703-764-5000.

If you need law enforcement in a hurry, call 911 for local police or #77 for Virginia State Police. You can earn up to \$25,000 for auto theft tips. Call 1-800-497-HEAT (4328) to report information that could possibly lead to the arrest of persons involved in auto theft, the theft of auto parts, chop-shop activity or carjacking. Your report can be anonymous.

So, what if you're in the market for a new vehicle? The following signs may suggest you are looking at a vehicle that may have been stolen:

- Cars being sold through the classifieds
- Late model cars with fresh paint jobs
- New license plates on an old car, or new bolts on older plates
- Sellers without manufacturer-made keys
- Sellers unwilling to share a fixed address, place of employment or phone number
- Inconsistencies between the seller and the owner listed on the title and registration
- Vehicle identification numbers that have been repainted, altered, or do not match the title/registration.
- An asking price that is too good to be true.

Remember, protect your property because not everyone out there is as nice or honest as you! If you have suspicions about a vehicle, call your local police.

2021 NOVA Police Training

NOVA Police conduct an extensive community outreach program. The following topics are available for presentation to faculty, students, clubs, staff, and community organizations via Zoom or in-person. If there are topics you would like presented or would like to request additional topics, please contact us at novapdoutreach@nvcc.edu.

Selected Topics:

- Active Shooter Response
- Dealing with Difficult People
- Creating and Maintaining a Safe Classroom Environment
- Staying Safe on the Street/Self-Defense Considerations
- Alcohol/DUI Awareness
- Stop the Bleed Tourniquet Certification
- Recognizing/Reporting Suspicious Behavior
- CPR and AED Certification
- Staying Safe While Using Uber and Lyft
- Technology and Policing
- Empower Yourself to be Safe!
- Writing in the Workplace
- Everything You Ever Wanted to Know About the Police (But Were Afraid to Ask)
- Ticket Avoidance Strategies
- Crimes Against Women/Human Trafficking
- Gangs and Drugs
- Civilian – Police Interactions

Download the LiveSafe Mobile Safety App

The LiveSafe Mobile Safety app is available for free to all NOVA faculty, students, staff and their friends. This powerful tool can empower you to stay safe, keep your campus safe, put potentially life-saving information at your fingertips, and facilitate timely interaction with NOVA Police and OEMS professionals in the event of an emergency or need for assistance. Download LiveSafe at iTunes or Google Play. It is easy and fast. Go to www.LiveSafeMobile.com to download this great app.



LiveSafe