

# NOVA PUBLIC SAFETY NEWSLETTER

JUNE 2021



A beautiful day even makes a police cruiser look good!

## In this Issue:

- **Critical Safety Info from Penelope**
- **Everything You Wanted to Know about the Police (but were afraid to ask)**
- **Severe Summer Weather**
- **Check Out the Big Brain on Penelope**
- **NOVA Police Annual Active Shooter Response Training**
- **June – Preparedness Month**
- **NOVA Police Virtual Training Opportunities**

## Critical Safety Info From Penelope

Penelope the NOVA Police Cat congratulates NOVA's recent grads and welcomes new students to our campuses.

She wants you to know this important safety information:

- You can call Police Dispatch 24/7 at 703-764-5000.
- Sign up for the free LiveSafe mobile safety app at

[www.LiveSafeMobile.com](http://www.LiveSafeMobile.com)

- Check out the NOVA Police website at [www.nvcc.edu/police](http://www.nvcc.edu/police)

- NOVA Police conduct an active training program. Check out the last page of this newsletter for a list of topics, which can be presented virtually or in-person.

For those taking the summer off, Penelope wants you to be careful and return to NOVA healthy and happy. Remember: most crimes are crimes of opportunity so you need to pay attention to your surroundings. Don't let your cell phone and other electronic gadgets deflect your attention from your own situational awareness.

Download the **FREE** LiveSafe  
Mobile Safety App

Police can be reached 24/7/365 @ **(703) 764-5000**

[NOVApolice@nvcc.edu](mailto:NOVApolice@nvcc.edu)

[NOVApdoutreach@nvcc.edu](mailto:NOVApdoutreach@nvcc.edu)

## Everything You Ever Wanted to Know about the Police (but were afraid to ask)

Inquiring minds want to know:

- Why do two officers often show up on traffic stops?
- Should officers be required to wear body cameras?
- How much training is required to become a police officer?
- What should I do if I'm stopped by police for a traffic infraction?
- How do police officers see the world?
- What's the best way to get a warning instead of a traffic ticket?
- How frequent is police brutality?
- Are NOVA Police real police?
- What is it about cops and doughnuts?

These topics and more will be discussed in a virtual presentation entitled "Everything You Ever Wanted to Know about the Police (but were afraid to ask)". A veteran officer will discuss these topics and answer your questions.

The training, open to all faculty, students and staff, will occur via ZOOM on the following dates and times:

- June 8, noon-1 pm.
- June 16, 1-2 pm.

If you are interested in attending one of these sessions, please send an email to [novapdoutreach@nvcc.edu](mailto:novapdoutreach@nvcc.edu) and we will send the link. If these times are inconvenient, let us know when you would like to receive the training. If you can get several colleagues and friends to attend with you, we will accommodate additional presentation dates and times.

## Severe Summer Weather

Hot summer months can turn dangerous quickly with conditions for severe thunderstorms or tornadoes. If you hear a severe thunderstorm or tornado warning broadcast, dangerous conditions exist, and sheltering is important. NOVA has designated severe weather shelter locations. Look for the severe weather shelter signs and take shelter until the dangerous conditions cease.





## June Is a Busy Month for Preparedness

Just like there is National Teacher Appreciation Week (first week in May) and July is National Hotdog Month, emergency preparedness has its own calendar of “holidays” throughout the year. June has various days and weeks set aside to remind you of preparedness as we kick-off the busy summer season. Take time to prepare for whatever adventure this summer brings.

### **CPR Week**, June 1-7

**Hands-Only CPR** has been shown to be as effective as conventional CPR for cardiac arrest at home, at work, or in public. Hands-Only CPR has just two easy steps, performed in this order: 1. Call 9-1-1 or have another call 9-1-1 while you start to administer aid. 2. Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute such as “Stayin’ Alive” by the Bee Gees or “Crazy in Love” by Beyoncé.



### **Extreme Heat**, All Month

Visit [www.weather.gov/safety/heat](http://www.weather.gov/safety/heat) for more information about the tips: • Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat. • Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. • Drink plenty of water. Focus on non-

alcoholic and decaffeinated fluids. Drink water, even if you don’t feel thirsty. • Minimize direct exposure to the sun because sunburn reduces your body’s ability to dissipate heat.

### **Pet Preparedness**, All Month

Visit [www.ready.gov/animals](http://www.ready.gov/animals) to help keep your pets healthy in summer

- Does your family emergency plan include your pets?
- Do you have a separate emergency kit for your pets?
- Do you have digital records and/or pictures to identify your pet after a disaster in case you become separated?
- Do you have a list of places that accept pets if an emergency happens?



### **National Lightning Safety Awareness Week**, June 24-30

To minimize your personal risk of being struck by lightning, plan ahead so you can get to a safe place quickly if a thunderstorm threatens. If the sky looks threatening or if you hear thunder, get inside a safe place immediately. Finally, wait 30 minutes after the last lightning or thunder before going back outside. More information can be found at [www.weather.gov/safety/lightning](http://www.weather.gov/safety/lightning).

# **DOWNLOAD**

## **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](http://www.LiveSafeMobile.com) to download this great app.



## **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](mailto: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
- 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
- Dealing with Mental Health Issues