



NOVA PD is looking for role players at our active shooter response training at Loudoun on March 8 and 15. If interested contact Lt. Weinstein, jweinstein@nvcc.edu

NOVA Public Safety Newsletter



March 2020

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Penelope's Time Management Advice

With mid-term exams approaching, Penelope the NOVA Police Cat reminds you of the importance of good time management; to prepare for your exams while balancing other obligations associated with family, friends and jobs. Check out #penelopenovapolicecat on Instagram.



Staying Safe in Hotels

Most criminals search out people who are vulnerable, and usually, people are more vulnerable when on the road than at home. If you are staying in a hotel, here are six things you can do to maximize your safety.

Book a hotel in a safe location.

Here are some things to consider when making your reservation: Is the front desk staffed 24/7 with multiple people? Are there hotel security personnel? Is the parking lot well lit? Does the hotel use security cameras? Does the hotel use programmable cards instead of physical keys? Is access to the hotel limited to specified entrances and is access restricted after hours?

Guard your information. Use your first initial rather than your first name, especially if you are a female traveling alone. As an alternative, a female traveling alone could make the reservation in the name of Mr. and Mrs. XXXX.

NOVA will participate in Virginia's Statewide Tornado Drill on March 17 @ 9:45AM. Go to:
<https://www.vaemergency.gov/threats/tornadoes/>
to learn about surviving a tornado.

Staying Safe in Hotels (cont'd)



Checking into your hotel. When checking in, don't place your credit card on the counter; hand it to the clerk so a bystander cannot see your name, expiration date or security number. Ask the clerk not to state the location of your room out loud; it should be written down. Don't post information about your trip on social media while you are on the road; wait until you return home.

Protect your belongings. Do not leave your bags unattended. Maintain physical contact with them at all times, either holding them between your legs or keeping them at your feet. If you have valuables store them in a safe; be aware though that the safe may not be secured to the floor. If you must carry valuables with you, use the hotel's main safe and write a list of what's being stored there.

When you leave the room, turn on the lights and TV.

Staying safe in your room. When checking in, ask for a room near the elevator since foot traffic in the area will deter would-be thieves. Do not tell strangers your room's location and why you are staying there. Hotel bars are notorious gathering places for predators so ensure what you say about yourself doesn't identify you as an attractive target. Have your key in your hand before entering your room. Searching for it distracts you from your immediate surroundings and makes you vulnerable to predators. Do a quick search of your room every time you enter to look for signs of entry. Leave the "Do not disturb" sign on your door at all times. Cover the peephole with a sticky note and always use the security chain in addition to the deadbolt lock on the door. Keep the curtains drawn. Program the hotel's telephone into your cell in the event you need it in a hurry. Know the locations of the elevator and stairways relative to your room in the event you need to leave in a hurry. Finally, do not open the door for strangers, even if they say they are associated with the hotel. If in doubt, call the front desk whose staff can confirm if an employee is at your room.

Be careful on the elevator. Try to be the last to enter an elevator and wait until everyone has entered their floors before entering yours. Position yourself near the push-button pad so you can push any floor if you need to exit in an emergency. Always check to make sure you are not being followed. If you are, call reception and return to a communal area, such as a restaurant, the front desk, etc.

Remember: situational awareness is the single most effective security strategy you can pursue. Predators are always searching for easy marks. Don't be one; empower yourself!

OEMS Flood Safety Tips

Floods are one of the most common hazards in the United States.

- 90% of all US natural disasters involve some sort of flooding.
- Just one inch of water in a home or office costs thousands of dollars in cleanup and repair costs.
- 6 inches of fast-moving flood water can knock over an adult.
- 12 inches of rushing water can carry away most cars and just 2 feet of rushing water can carry away SUVs and trucks.

It is NEVER safe to drive or walk into flood waters!



OEMS Flood Safety (cont'd)

During a Flood:

“Flood Watch”: Flooding is possible; tune in to NOAA Weather Radio, commercial radio, social media or television for the latest information.



“Flood Warning”: Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

“Flash Flood Watch”: Flash Flooding is possible; be prepared to move to higher ground. Tune to NOAA Weather Radio, commercial radio, social media or television for the latest information.

“Flash Flood Warning”: A flash flood is occurring; seek higher ground on foot immediately.

Turn Around, Don’t Drown. Never attempt to drive through a flooded road; water depth is not always obvious. The CDC reports over half of all flood-related drownings occur when a vehicle is driven into hazardous flood waters. Visit www.weather.gov/safety/flood-turn-around-dont-drown for more information. Before driving, visit www.511Virginia.org or call 511 for real-time traffic information and road conditions.

After a Flood:

- Use extreme caution and avoid unnecessary risks if you encounter covered roads or fast-moving waters.
- Do not allow children or pets to play in floodwaters, which may contain debris that can break the skin or entrap legs and arms.
- Do not wade in floodwaters with broken skin. Viruses and other organisms can infect wounds, causing illness.
- Avoid swimming or wading in ditches, streams, and rivers for at least 3 days following a rain event or until waters return to normal levels.
- If you cannot avoid wading through floodwaters, be sure to wash exposed skin and clothing with soap and water.
- If you have an underlying illness like diabetes, liver disease, or cancer, you are more vulnerable to infections and should avoid all contact with floodwaters.
- Visit the Recover and Rebuild section of the Virginia Department of Emergency Management Website at www.vaemergency.gov to learn more about food and water safety precautions following a power outage, flood or other natural disaster.

For more information, visit: <https://www.vaemergency.gov/threats/floods/>

Sergeant Long Retires

The NOVA Police Department announces the retirement of Sergeant Debera Long. After retiring from the Army with over 20 years of service, she proudly and capably served the NOVA community for 15 years. Long’s official retirement date was February 1.

Sergeant Long served with distinction in various assignments at NOVA. Her duty stations and assignments included the Alexandria, Loudoun, Medical Education, and Woodbridge



Sergeant Long Retires (cont'd)

campuses, where she served as a patrol officer, field training officer, and general instructor. Long was promoted to Sergeant in 2011. Long's leadership has positively influenced our Department and her legacy of pride and selfless service continues to inspire our officers.

Please join us in thanking Sergeant Long for her service and congratulating her on her well-deserved retirement.

Safety Tip of the Month

We are in cold and flu season. Avoid close contact with people who are sick. If you are sick, remember you can be infectious for days before symptoms appear. Cover your mouth when coughing or sneezing and wash your hands often with soap or an alcohol-based hand sanitizer.



CPTED – What is it?



Crime Prevention Through Environmental Design (CPTED) is an approach to deter criminal behavior by focusing on the layout, look, and feel of a particular location. An example of CPTED would be for homeowners, worried about deterring burglars, to plant thorny rose bushes around their homes' ground-floor windows to prevent anyone from using these windows for access points. Further, rose bushes give a more pleasing look than bars on windows.

CPTED, drawing from environmental, psychological, and urban design, suggests one can change how people act by altering the environment. The goal is to

reduce crime, the fear of crime, and improve quality of life by simple changes. Some of the basic principles include natural surveillance, territorial re-enforcement, and activity support.

For instance, an HOA with concerns about drug activity in their courtyard could build benches where people could gather and enjoy their neighbors. These benches provide natural surveillance, show joint ownership of the courtyard, and support community gathering. By this simple design change the HOA may reduce crime and improve the quality of life for its membership.

Other CPTED recommendations include: tree and bush pruning, installation of dead-bolts, adding or upgrading exterior lighting, upgrading landscaping, adding or repair fencing, and channeling exterior entrance points.

NOVA Police has officers trained in CPTED principles. To discuss these concepts, contact Community Outreach Officer Rob Corwin at RCorwin@nvcc.edu

2020 NOVA Police Training

NOVA Police conduct an active community outreach program. The following topics are available for presentation to faculty, students, clubs, staff, and community organizations. If there are additional topics you would like presented, please contact Lt. Weinstein jweinstein@nvcc.edu or Community Outreach Officer Corwin rcorwin@nvcc.edu

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

Download the LiveSafe Mobile Safety App

The LiveSafe Mobile Safety app, 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.



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