The Top 15 Reasons to Drink and Drive

1) Riding in the back of a police cruiser, with your very own chauffeur, is cool.
2) Your mug shot will make the photo on your driver’s license look good.
3) Handcuffs are a unique fashion accessory.
4) You are generous and like donating to your defense attorney’s holiday fund (Defense attorney fees for a DUI defense start at $2,000).
5) You’ve got an extra $5,000-8,000 to give to your car insurance company (High-risk insurance runs about $1,000 a month, if you don’t get cancelled).
6) Rates for a loan are low, so you won’t have to worry about finding extra cash to pay $7,000+ in fines and court costs.
7) You want to take a break from driving (The first DUI offense results in a mandatory revocation).
8) Technology is cool (Not everyone has a breath-activated locking device on their ignition systems.)
9) You’ll meet new friends in the $375, mandatory 10-week, Virginia Alcohol Safety Action Program (ASAP) class.
10) Since a DUI conviction gives you a criminal record, you’ll have lots to talk about if you ever get a job interview.
11) Your time (up to a year) in jail for DUI convictions will give you something to talk about at parties.
12) You’ll have extra time to spend with your parents and friends, since your license will be suspended and they’ll be driving you everywhere.
13) Stitches from the accident can add to the beauty of your tattoo.
14) Breakfast through an IV tube constitutes that well-balanced morning meal you’ve been too busy to eat.
15) Sexy is…..getting a buzz cut from an ER medic.

Which One of These Vehicles Will You Take?
**Fire Escape Planning**

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

**SAFETY TIPS**

- MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- PRACTICE using different ways out.
- TEACH children how to escape on their own in case you can’t help them.
- CLOSE doors behind you as you leave.

**IF THE ALARM SOUNDS...**

- If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- CALL the fire department from outside your home.

**FACTS**

- According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!

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Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education]
April is Financial Preparedness Month

You may be wondering why you are reading about financial preparedness in a public safety newsletter, but being ready for a disaster is more than storing water and supplies. You also need to be financially ready. Starting early and having adequate insurance, a plan to pay your bills and access your important records and accounts will help you get back on your feet faster and avoid problems with your credit when you need it most.

Pre-disaster financial planning is essential for individuals and families to complete because disasters leave many Americans with expensive damages without access to finances. Safeguarding your finances and important records is easy if you start now—prior to a disaster or emergency.


This month’s “Do 1 Thing” topic is: FOOD

Find out how to have an emergency food supply that will meet the needs of your household for three days without outside help. Visit http://do1thing.com to complete this month’s small steps to be prepared.

If you haven’t completed “Do 1 Thing’s” small steps this year, you can still catch up! Visit http://do1thing.com or http://blogs.nvcc.edu/emergency/ to learn how.
Recent and Upcoming NOVA Police Outreach Events and Training

NOVA Sexual Assault Services (SAS) and NOVA Police Department Donation Drive

NOVA Sexual Assault Services (SAS) and NOVA Police Department conducted a donation drive from January 26th through March 6th to support two domestic violence shelters in Northern Virginia. Over 500 items, including cleaning, hygiene, and household products, were collected and distributed. NOVA SAS and NOVA Police thank everyone who donated and helped make a difference in the lives of domestic violence victims. For more information, or to contact NOVA SAS for assistance, call our 24-hour cell at 703-338-0834 or by email at nova.sas@nvcc.edu.

NOVA PD and Virginia State Police Host Distracted Driving Demos

NOVA Police and Virginia State Police have been hosting Distracted Driving Awareness Demos at all campuses. This demo shows the potential deadly effects of distracting driving. Come join us in a safe environment on our golf cart cone course to test the deadly effects of distracted driving.

Dates and Locations: (event will be held from 11:00 am to 2:00 pm at each campus)

- Demos have already been conducted at AL, AN, LO, and WO. If you missed the demo at your home campus, feel free to join us at the MA or MEC event.
- April 07, Manassas Campus (Howsmon patio area)
- April 15, Medical Education Campus (Traffic circle)
Sexual Assault/Domestic Violence/Stalking Awareness Training

NOVA Police and Sexual Assault Services (SAS) will conduct Sexual Assault, Domestic Violence, and Stalking awareness training. Please RSVP for this training. If you need to request accommodations, please e-mail Community Outreach Officer Tony Ong at tong@nvcc.edu or call 703-933-1850.

Topics include:

- How to combat sexual assault, domestic violence, and stalking
- What to do if you are a victim
- What to do if someone you know has been a victim
- Police guidance on relevant topics, such as protective orders, police reporting options and more
- NOVA and community resources

Dates & Locations:

- Medical Education Campus, April 08, noon - 1 pm and 6 pm - 7 pm, Room 252
- Woodbridge Campus, April 13, noon - 1 pm and 6 pm - 7 pm, Seefeldt 103
- Alexandria Campus, April 14, 2 pm – 3 pm and 6 pm – 7pm, AA-158
- Manassas Campus, April 17, noon - 1 pm and 6 pm - 7 pm, MP-140
- Loudoun Campus, April 22, noon - 1 pm and 6 pm - 7 pm, LR-105
- Annandale Campus, April 23, noon - 1 pm at CN- 213, and from 6 pm - 7 pm, CA 330