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Illinois Opioid Action Plan

The United States is in the middle of the deadliest drug crisis in our history. Fueled by the growing opioid epidemic, drug overdoses have now become the leading cause of death nationwide for people under the age of 50. **In Illinois, opioid overdoses have killed nearly 11,000 people since 2008.** Just last year, nearly 2,000 people died of overdoses—almost twice the number of fatal car accidents. Beyond these deaths are thousands of emergency department visits, hospital stays, as well as the pain suffered by individuals, families, and communities. The opioid epidemic is the most significant public health *and* public safety crisis facing Illinois.

The Illinois Opioid Action Plan presents the State of Illinois' collective call to action. The opioid crisis affects everyone in the state in some way. Its victims are of all ages, races, and walks of life. The causes of the epidemic are complex, and state government must work with everyone—health care providers, local agencies, law enforcement, community groups, individual citizens, and national partners—toward a solution.

The focus of our efforts is to save lives. At the current rate, the opioid epidemic will claim the lives of more than 2,700 Illinoisans in 2020. We must take action to halt this explosive growth. Our goal is to reduce the number of projected deaths in 2020 by a third.

This Plan focuses on efforts falling into **three** pillars, **six** main priorities, and **nine** evidence-based strategies. The pillars are:

1. **Prevention:** preventing the further spread of the opioid crisis
2. **Treatment and Recovery:** providing evidence-based treatment and recovery services to Illinois residents with opioid use disorder (OUD), and
3. **Response:** averting overdose deaths.

Unfortunately, the crisis will get worse before it gets better. Dangerous synthetic opioids, such as fentanyl, are responsible for an increasing number of deaths. These substances can be thousands of times more poisonous than heroin, adding fuel to the fire. This Action Plan is among the first steps in moving toward our goal. It is the strategic framework for our statewide intervention.

For more information about the IL Opioid Action Plan, Opioid Overdose Response, or Treatment & Recovery, visit <https://www.dph.illinois.gov/opioids/ilplan>.

SIU Campus Resources

[SIU Police](#)

618-453-3771

[Parking Division](#)

618-453-5369

[Counseling Center](#)

618-453-5371

[Wellness Center](#)

618-536-4441

Student Health Services

618-453-3311

[Night Safety Transit](#)

618-453-2212

Carbondale Resources

[Carbondale Police](#)

618-457-3200

[Women's Center](#)

618-529-2324

[Memorial Hospital](#)

618-549-0721

[Crime Prevention & Programs](#)

[Report Suspicious Activity](#)

[Campus Emergency](#)

[Response Guide](#)

[Night Safety Transit](#)

[Campus Map](#)

[Parking Map](#)

[Daily Crime Log](#)

[FOIA Request Form](#)

[SIU Campus Crime Report](#)

[Safety Awareness Facts and Educations](#)



Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including those still with us.

Veterans Day is Wednesday, November 11. Thank you to all who have served and who are currently serving.

Nov. Comic Strip

MEAL TIME - LIKE THAT OPERA BY R KELLY

SOMETIMES IT'S IMPORTANT TO TAKE TIME OUT TO LOOK AFTER YOURSELF. TRY DEEP BREATHING, YOGA, GO FOR A WALK, GET SOME FRESH AIR!

NEVER BE AFRAID TO TAKE TIME OUT OF YOUR BUSY WORK DAY TO PRACTICE SELF CARE. IT CAN BE A MINUTE, AN HOUR, REALLY ANY AMOUNT OF TIME YOU CAN MAKE FOR YOURSELF.

DIGITALMEAL.COM/AU/MEALTIMECOMICS

THIS IS THE THIRD TIME THIS WEEK. I NEED STAPLES JEFF.

SUPPLY CLOSET
SELF CARE!!

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The Rave Mobile Alert System

RAVE is used to send emergency text messages to cellphones and to campus email addresses of students, faculty and staff. The message may alert you to an emergency situation, including university closures and safety alerts. The system provides weather warnings, including severe thunderstorm, tornado, flash flood, and winter storm.

To receive emergency text messages, students must have current contact information in [SalukiNet](#). For instructions on how to add or change a mobile phone number for the SIU Alerts, click [Here](#).



What's in your emergency kit?

With the changing climate, make sure you have an emergency kit available in both your vehicle and at home. These are items you may consider putting in your kit:

- ◆ Water & food
- ◆ Battery-powered radio & extra batteries
- ◆ First aid kit
- ◆ Flashlight
- ◆ Multi-purpose tool
- ◆ Whistle
- ◆ Moist towelettes
- ◆ Cell phone w/ charger
- ◆ Blankets





Additional Resources

[Office of Equity and Compliance](#)

618-453-4807

[Dean of Students](#)

618-453-2461

[Student Rights and Responsibilities](#)

618-536-2338

[Saluki Cares](#)

618-536-2338

[Salukis on Your Side](#)

618-453-3311

[Veteran Services](#)

618-453-1335

[The Clinical Center](#)

618-453-2361

Meet An Officer



Officer Brandon Gibbs

Preparing for the flu season during COVID-19 (coronavirus)

According to the [Mayo Clinic](#), it's especially important to get your flu vaccine this year, because the flu and [coronavirus disease 2019 \(COVID-19\)](#) will likely be circulating at the same time and cause similar symptoms.

The [flu vaccine](#) doesn't protect you from COVID-19. But getting a flu vaccine could reduce flu symptoms that could be confused with COVID-19 symptoms. Getting your flu vaccine can also help lessen the impact on health care providers and hospitals by reducing the number of people with severe flu and hospitalized with the flu.

Flu season runs October through May. Catching the flu can be as easy as standing in line next to someone who has flu symptoms.

It's important to follow precautions to reduce the spread of flu and COVID-19. For example:

- Washing your hands regularly
- Avoid touching your face
- Cover your cough and sneeze.
- Avoid crowds
- Avoid anyone who is sick
- Stay home if you're sick
- Clean high-touch surfaces often

Take other precautions to reduce your risk of COVID-19, such as practicing social distancing and wearing a cloth face mask when around people outside your household.

Flu usually comes on suddenly. People who have the flu often feel some or all of the following symptoms:

- fever or feeling feverish/chills
- cough
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- vomiting and diarrhea (more common in children than adults)

More information about the fighting the flu during COVID-19 can be found at [mayoclinic.org/coronavirus-covid-19/flu-season-during-coronavirus](https://www.mayoclinic.org/coronavirus-covid-19/flu-season-during-coronavirus).



Follow Us!

Please "like" our Southern Illinois University- Carbondale Department Facebook page. You can also follow us on Twitter at [SIUC Police](#). We provide information regarding local events, safety tips and press releases for major incidents. You can also send us your questions through private messages and tips on any recent crimes that have taken place.

[Facebook.com/siuc.dps](https://www.facebook.com/siuc.dps)

[Twitter @SIUC Police](https://twitter.com/SIUC_Police)

Crime Prevention During the Holiday Season

Crimes such as burglaries and thefts tend to increase during the holiday season. In order to combat these issues, there are actions you can take to avoid becoming the victim of a crime. Always keep your doors and windows locked. Additionally, keep all personal information in a locked, fireproof safe or safety deposit box. This could include information such as birth certificates, social security cards, passports, etc. When you plan on taking a trip or leaving your home unattended, do not post your plans on social media sites or discuss your absence in public settings. While away on trips, keep lights on at your house to make it appear as though someone is home. Make sure to request a house watch from your local law enforcement agency during your absence as well.

While at school, there are actions you can take to avoid becoming the victim of a theft or burglary. First, never leave your property unattended. Even if you are studying in the library and need to take a restroom break, pack up your personal property and take it with you! Keep all doors to your dorm room locked, including the connecting bathroom doors. While you may have a great relationship with your roommates and suitemates, you may not know their guests. When you leave campus for an extended period of time (i.e. breaks), take your valuable belongings with you, such as laptops, tablets, gaming systems, etc.



The Department of Public Safety and Housing have partnered together to create a web-based form that stores information on student's personal valuables. This is the information police officers will need to assist you in the event that you become a crime victim.

Click here to access an [Electronic Valuables Information form](#) or [here](#) for a paper

Newsletter ideas or topics

If you have a topic or idea you would like us to consider for a future newsletter please email the idea to Sgt. Allan Willmore at allanw@dps.siu.edu. Questions submitted may also be featured in future newsletters. The person submitting the question will not be identified.