The Saluki Watch Dawg

September 2020

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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

SIU Department of Public Safety

Vol. 7 Issue 6



Theft Prevention

The following information are tips to avoid theft and increase personal safety. If you have been a victim of theft or any crime please contact the SIU Police immediately at (618) 453-3771 to make a report. Commonly stolen items are cell phones, tablets, computers, gaming systems, textbooks, credit cards, and wallets.

REMEMBER...

DO NOT prop open the door to your room.

DO NOT let strangers enter the residence hall.

If someone knocks on your door, find out who it is before you answer.

LOCK your door when you leave, are asleep, alone even it if is only for a few minutes.

Keep the bathroom door closed and locked in suite style residence halls.

LOCK your windows and keep your curtains or blinds closed.

NEVER give out a neighbor's personal information.

DO NOT leave messages on your door concerning your whereabouts.

DO NOT attach your name or address to your keys. Keep your room keys separate from your car keys.

Report any lost or stolen items **IMMEDIATELY**.

DO NOT leave property unattended.

Mark your valuables with a number or identification unique to you using an engraving pen.

Record the SERIAL NUMBERS of your property and retain the list in a safe place. Use this form to record this information.

Open a savings, checking, or Debit Dawg account instead of keeping cash in your room.

Keep your credit cards, bills, receipts, checkbooks, and important documents and numbers out of sight and secure.

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SIU Department of Public Safety

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

IT CAN HAPPEN TO YOU!

WHAT DO THEY STEAL?

- Name

- Address - Date of Birth

Sept. Comic Strip





RGELY PROTECT YOURSELF

Identity Theft-Don't Be a Victim

Identity Theft continues to be one of the fastest growing crimes in the United States. Identity Theft occurs when someone steals your personal information and uses it without your permission. It's a serious crime that can affect your finances, credit history, and reputation. Restoring your identity can take time, money, and patience to resolve. This site provides information about Identity Theft, ways to guard against Identity Theft, and what to do if you become a victim of Identity Theft.

-To learn how to guard yourself from Identity Theft click here.

- Think you have been a victim of Identity Theft, click here.

HOW DO THEY GET IT?

- Passwords - Cell Phones

- Purses or wallets
- Go through your mail
- Go through your garbage

- Bank Account Numbers

- Credit Card Numbers

- Buy or steal information from stores, restaurants, hotels, or banks
- Insecure internet sites
- Scam phone calls or emails

WHAT DO THEY DO WITH IT?

- Open new bank accounts or credit cards in your name
- Charge purchases to your credit line
- Obtain loans: personal, auto, home, etc.
- Change mailing addresses for existing accounts and use them without your knowledge EMPTY YOUR BANK ACCOUNT AND RUIN YOUR CREDIT

Check us out on Facebook and "like" our Southern Illinois University-Carbondale Police Department Facebook page. You can also follow us on Twitter at SIUC Police.

Facebook.com/siuc.dps

twitter.com/SIUC Police

SIU Department of Public Safety

1175 S. Washington St, Carbondale, IL

police.siu.edu

618-453-DPS1

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Additional Resources

Office of Equity and Compliance 618-453-4807

Dean of Students 618-453-2461

Student Rights and Responsibilities 618-536-2338

<u>Saluki Cares</u> 618-536-2338

<u>Salukis on Your Side</u> 618-453-3311

<u>Veteran Services</u> 618-453-1335

The Clinical Center 618-453-2361

Meet An Officer



Officer Marzine Rafe



Safety, Awareness, Facts and Education

The **S.A.F.E** website was created as a resource for students, faculty, staff and visitors that contains information about campus resources, crime reporting, crime prevention, and safety. The SIU Campus Crime Report, Clery and

Violence Against Women Act reporting is also available on this website. Additional information is available on the university reporting structure for incidents related to sexual violence, domestic and dating violence, stalking and sexual harassment.

Can You Tell Which One Of These Bicycles Is A Bait Bike?

In an effort to stop bicycle theft from occurring on the campus of SIU, the Department of Public Safety started the Bait Bike program in 2016 and continues this program to this day. Officers place and monitor "bait bikes" around campus. These bikes are connected to the department via technology that is monitored at all times. Those caught taking a bicycle that does not belong to them may face criminal prosecution and be held accountable. under the student conduct code.



Follow these tips to avoid becoming a victim of Bike Theft:

- <u>Register your bike</u>
- Get a lock (or two)
- Use a U or D-type bike lock
- Do not use cable locks
- Lock your bike to bike rack

<u>Newsletter ideas or topics</u>

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 <u>allanw@dps.siu.edu</u>. Questions submitted may also be featured in future newsletters. The person submitting the question will not be identified.

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Please "like" our Southern Illinois University- Carbondale Department Facebook page. You can also follow us on Twitter at <u>SIUC_Police</u>. 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

Twitter @SIUC_Police

Managing Stress Associated with the COVID-19 Outbreak

The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your wellbeing.

Dealing with stress reactions caused by the COVID-19 virus outbreak can improve your health, quality of life, and wellbeing. The following evidenceinformed principles have been shown to be related to better outcomes in many adverse situations. There are key actions within each element that might be especially helpful for those affected by the COVID-19 outbreak. It's not necessary to have all elements in place but implementing some of the following suggestions may help you deal with the stress caused by the COVID-19 virus.

Reduce anxiety with healthy actions that make you feel safer. The <u>Centers</u> <u>for Disease Control and Prevention (CDC)</u> and other experts suggest the following good hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick.
- Avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.
- Make plans for what will happen if someone in the home becomes ill or if quarantine or shelter-in-place measures are ordered.
- Read more about prevention on the CDC website.

Information from National Center for PTSD

Do you know the signs of stress?









Withdrawa

1175 S. Washington St, Carbondale, IL