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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

Coronavirus Disease Information

The [Coronavirus](#) website was created as a resource for students, faculty, staff and visitors, and contains the most up to date information about SIU Carbondale's response to this disease. Information ranging from Campus Contact Information, Travel Advisory updates, to the most recent message from the Chancellor can all be found at this location. If your question is not addressed by the FAQ's on the main page, questions can be submitted to pandemicinfo@siu.edu.

Burglary and Theft Prevention Tips

Many theft and burglary incidents reported to the Department of Public Safety can be avoided by following these safety tips.

- ⇒ Lock your doors (Both residence and vehicle)
- ⇒ Store valuables out of sight
- ⇒ Lock desk drawers and filing cabinets that contain valuable items or information
- ⇒ Keep a record and serial numbers for electronic items
- ⇒ Report suspicious persons or activity immediately to police
- ⇒ Do not prop open exterior doors
- ⇒ Do not let people into buildings after hours that do not have a security pass
- ⇒ Close windows, blinds, and curtains before leaving
- ⇒ Park in busy, well-lit areas

Most Common Items Stolen from an Office

Loose change and cash, backpacks, textbooks, electronic items, jewelry, wallets and purses, anything of value.

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 be featured in future newsletters. The person submitting the question will not be identified.

[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](#)

May is Skin Cancer Awareness Month!

The sun sustains life and feels good, but it can be your skin's worst enemy. While every [sunburn](#) can increase your risk of [skin cancer](#), it's not just those big days at the beach or ballgame that cause trouble. Each time you run out to get the mail, walk the dog or commute to work without sun protection also adds to the damage that can lead to skin cancer (as well as leathery skin, dark spots and wrinkles).

No single method of sun defense can protect you perfectly, though. The best path to beautiful, healthy skin is to adopt as many of these steps as possible into your lifestyle, and make them daily habits everywhere you go, all year long.

Cover It Up

Clothing can provide a great barrier against the sun's ultraviolet (UV) rays. Its protection is consistent over time and doesn't wear off like sunscreen does. Many new fabrics offer high-tech protection and breathability, too. The more skin you cover (high neck, long sleeves, pants), the better, and a hat with a wide brim all the way around (three inches or more) is best because it helps shade your eyes, ears, face and neck. Also wear UV-blocking sunglasses to protect your eyes and the skin around them.

Play in the Shade

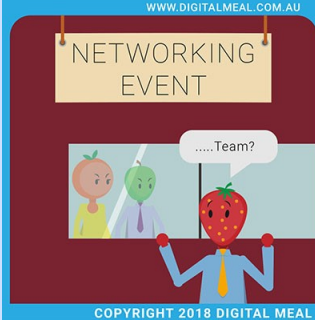
When you are outside, think of shade as your refuge, especially between 10 AM and 4 PM, the peak hours of sun intensity. Walk on the shady side of the street, sit under an awning or sun-protective umbrella, duck onto the covered porch at a pool party or even under a tree.

Know Your Sunscreen

Sunscreens come in many formulations and delivery methods, and it can take trial and error to find the one you like best. Whether it's a sport spray, an easy-to-use stick or a rich moisturizer with antiaging ingredients, the best sunscreen is the one you will use every day.



May Comic Strip



Look Out for Windows

While glass blocks UVB rays pretty well, it allows UVA rays to pass through. This is true of your windows at home as well as on the road. Car windshields are treated to shield drivers from most UVA rays, but side, back and sunroof windows usually aren't. When you're in your car, protect yourself and your family with hats, clothing, sunglasses, sunscreen, whatever it takes. Another option is to have UV-protective window film applied to windows, in your car or at home.

Early Detection Starts with You

Using sun protection consistently from an early age is the strongest defense against developing skin cancer. No person or method is perfect, though, and one in five Americans will develop skin cancer by the age of 70. The Skin Cancer Foundation recommends that all adults do monthly skin self-exams and see a dermatologist annually, or more frequently if they see something suspicious or have risk factors. Learn more about [early detection](#).



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 Lee Nguyen



The Top 5 Things You Should Know About Buckling Up

1. Buckling up is the single most effective thing you can do to protect yourself in a crash

Seat belts are the best defense against impaired, aggressive, and distracted drivers. Being buckled up during a crash helps keep you safe and secure inside your vehicle; being completely ejected from a vehicle is almost always deadly.

2. Air bags are designed to work with seat belts, not replace them

If you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag. Such force could injure or even kill you. Learn about [air bag safety](#).

3. Guidelines to buckle up safely

- The lap belt and shoulder belt are secured across the pelvis and rib cage, which are better able to withstand crash forces than other parts of your body.
- Place the shoulder belt across the middle of your chest and away from your neck.
- The lap belt rests across your hips, not your stomach.
- NEVER put the shoulder belt behind your back or under an arm.



4. Fit matters

- Before you buy a new car, check to see that its seat belts are a good fit for you.
- Ask your dealer about seat belt adjusters, which can help you get the best fit.
- If you need a roomier belt, contact your vehicle manufacturer to obtain seat belt extenders.
- If you drive an older or classic car with lap belts only, check with your vehicle manufacturer about how to retrofit your car with today's safer lap/shoulder belts.

5. Seat belt safety for children and pregnant women

Find out [when your child is ready to use an adult seat belt](#) and learn about seat belt safety when you're pregnant.

More information about seatbelt use and other topics like distracted driving or vehicle safety ratings can be found at the [National Highway Traffic Safety website](#).



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)

Normal Arguments or Dating Abuse?

What is dating abuse?

Dating abuse (also known as dating violence, intimate partner violence, or relationship abuse) is a pattern of abusive behaviors -- usually a series of abusive behaviors over a course of time -- used to exert power and control over a dating partner.

Every relationship is different, but the things that unhealthy and abusive relationships have in common are issues of **power and control**. Violent words and actions are tools an abusive partner uses to gain and maintain power and control over their partner.

Any young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture. It does not discriminate and can happen to anyone in any relationship, whether it's one that is casual or serious.

Dating abuse is [more common](#) than you think. There are some [warning signs](#) that can help you identify if your relationship is unhealthy or abusive, including the examples below. Remember, the abuse is never your fault, and [asking for help](#) is nothing to be ashamed of.

What does dating abuse look like?

Physical Abuse: Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Verbal or Emotional Abuse: Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.

Sexual Abuse: Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.

Digital Abuse: Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.

Stalking: Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person, and may or may not include giving unwanted gifts.

Financial Abuse: Exerting power and control over a partner through their finances, including taking or withholding money from a partner, or prohibiting a partner from earning, or spending their money.

Call the POLICE immediately if the situation becomes violent.

More information can be found at the [Breaking the Cycle](#) website.

Additional resources include [Counseling and Psychological Services](#), the [Office of Equity and Compliance](#), [Saluki Cares](#), and the [Women's Center](#).