



CHARLES COUNTY
SHERIFF'S OFFICE

**May 4th: Na-
tional Day of
Prayer**

**May 14th:
Mother's Day**

**May 29th: Me-
morial Day**

WATCH WORKS

SHERIFF TROY BERRY

MAY 2017

Drug Take Back

The drug take back service provides our community with a safe, convenient, and responsible means of disposing of all medications. The drug take back service addresses a crucial public safety and public health issue. According to the 2014 National Survey on Drug Use and Health, 6.5 million Americans abused controlled prescription drugs. That same study showed that a majority of abused prescription drugs are obtained from family

and friends, including from the home medicine cabinet. The Charles County Sheriff's Office has drug take back stations, one at the La Plata



District Station and another in Waldorf at District 3-4 Station. The following pharmacies also take back drugs:

- Family Meds, Inc. Waldorf.
- Hanson Pharmacy, Waldorf.
- High Street Discount Pharmacy, Waldorf
- Indian Head Care Pharmacy,
- La Plata Pharmacy, La Plata
- Northgate Pharmacy, Waldorf

Go through all you medicines and take back any you no longer take or are out of date. Don't leave it around to be stolen and abused.

National Police Week

January 9th 2017 communities showed their support for law enforcement in honor of Law Enforcement Appreciation Day. May 11-17 is National Police Week

and lots will be happening in Washington D.C. There will be a 5K, a bicycle ride, and a National Peace Officers' Memorial Service. This is a great time to show

our officers how much we appreciate them. When you see an officer thank them or tie a blue ribbon around the antenna of your vehicle to show your support.



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Are you Dating?

These days a lot of people are turning to online dating. Nothing wrong with that. Use some common sense when meeting someone for the first time.

- ◆ Meet during day-light hours.
- ◆ Meet in a public place.
- ◆ Never meet your date at his or her home.
- ◆ If possible, arrange to go with another couple or group of friends.

Trust your gut. If this person makes you feel uncomfortable for any reason, excuse yourself, call a friend and have them pick you up.

Enlist a friend to be your backup. Be sure to let him or her know as much as you can about your date and where you are planning to go. Arrange to check in with your friend at certain times to let them know you are okay.

Don't drink. Keep a clear mind to avoid putting yourself into a dangerous situation.

Never leave a drink (water, soda) unattended.

Never leave a bar or other establishment alone. Stay where you can be seen and heard until a friend can get to you.

Never go home with a

stranger on the first date or bring him or her back to your place.

Block the telephone number if you don't want to hear from someone again or if you find the person undesirable for any reason. Dating can and should be an exciting time. Use some common sense and a few safety steps.

A late night dinner and a movie sounds very romantic. There will be plenty of time for that. Be safe!

A Word From Your Community Organizer

Every month I sit down to write the Watch Works newsletter and wonder what you would like to see or what information you would like me to include. If there

is anything you are looking for please contact me and we will try and get it in the next issue. I hope some of the safety articles have been useful. I don't want to start repeating

myself so I try and make it interesting each time.

To all of our community leaders here in Charles County, thanks for all you do.

Are you ready for Summertime?

As the temperatures soar be prepared not only to enjoy your summertime fun but to handle what may come along with the heat.

Be prepared, travel with a first aid kit. Not only Band-Aids and wet ones but sun block, bug repellent and drinks with electrolytes. Also, ice packs and a cloth you can dip in water to clean a cut or cool someone down.

Bug Bites: Most bug bites are harmless, but some mosquitoes and ticks carry diseases. West Nile virus, Lyme disease and Rocky Mountain spotted fever are just a few.

The good news is that you can take steps to protect yourself and your family.

- Get rid of standing water around your home to keep mosquitoes

from laying eggs nearby.

- Cut back brush and tall grasses around your home and rake up fallen leaves to keep ticks away.
- Wear long-sleeved shirts, long pants, and socks.
- Use bug repellent (bug spray, insect repellent) on your skin and clothing.
- Check everyone for ticks after spending time outside.
- Take a shower after going back inside to help wash away ticks and to wash repellent off.
- Use a tick collar or spot-on repellent on your pets. Remember to check them for ticks.

Heat Stroke:

Is dangerous for children playing softball, soccer or any other sport. Children go out to the playground and don't realize they are turning red. If you see someone whose face is turning red, rapid pulse, throbbing headache, confusion and dizziness, have them sit down, cool off and drink fluids until it goes away. Water is good, but Gatorade and PowerAde with electrolytes are far better because they help replace salt and retain fluid. Let the body cool down naturally in early stages of heat exhaustion, but if you miss the signs and it progresses, put ice packs on the groin, armpits and neck where blood flows close to the surface. A cool shower or wrapping them in a wet, cool sheet will also cool them down.





Charles County Sheriff's Office

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MISSION STATEMENT

THE MEN AND WOMEN OF THE CHARLES COUNTY SHERIFF'S OFFICE ARE DEDICATED TO SERVICE THROUGH SUPERIOR PERFORMANCE. WE BELIEVE MUTUAL RESPECT, TRUST AND PRIDE IN OUR ORGANIZATION, COMBINED WITH TRADITIONAL VALUES AND INNOVATIVE TECHNIQUES, WILL ENSURE THE COMMUNITY'S RIGHT TO A SAFE ENVIRONMENT.

Value Statements

LIFE We believe the protection of life is our highest priority.

RESPECT We believe in individual human dignity and the preservation of human rights under the rule and spirit of law, always treating others as we would like to be treated.

INTEGRITY We believe in maintaining the public trust by holding ourselves accountable to the highest moral and ethical standards.

FAIRNESS We believe in the delivery of service that provides fair and equal treatment to all citizens without regard to age, gender, race, creed, color, religion or national origin.

TRUST We believe in order to provide effective service we must develop and maintain the confidence of the community.

PARTNERSHIPS We believe in working in partnership with the community and each other to identify and resolve

problems and issues which affect the safety of our citizens.

LOYALTY We believe in an allegiance to the community, to the organization and to each other.

PROFESSIONALISM We believe in delivering a level of service which will reflect the pride we have in our community and organization.



Charles County Sheriff's Office
Honor Guard.