Everyday Awareness to Keep Yourself Safe

AWARENESS is very important!

Be aware of your surroundings
Be aware of others
Move confidently and with purpose

WHEN WALKING, BIKING, JOGGING OR DOING OTHER OUTDOOR ACTIVITIES...

- Know your route; drive it first in daylight and at night if you will be using it frequently.
- Carry your cell phone with you and have an emergency number for quick calling.
- If a stranger requests to use the phone, do not permit the stranger to enter. Offer to summon emergency assistance or to make the call for him or her.
- If you should receive a wrong-number call, never reveal your name to an unknown caller, but ask what number they are trying to call.
- Stay in well-lighted areas.
- Vary your route.
- Walk with others.
- Steer clear of shadows, isolated areas, stairs, vacant lots, construction sites, alleys, shrubs, and other hiding places.
- Don’t walk close to doorways or vehicles.
- Call a friend or roommate when you leave and when you arrive.
- Know where 24-hour stores/gas stations/businesses are located.
- Walk facing traffic and be especially aware if wearing headphones and listening to music.
- Keep change or public transportation fares on you in case you don’t feel safe.
- Have house and car keys in hand before stopping at the door.

IF FOLLOWED WHILE WALKING...

By someone in a car:
- Turn around and walk in the opposite direction; call someone for assistance.
- Try to get a license plate number and a description of the vehicle and driver.

By someone on foot:
- Cross the street and go in the opposite direction.
- Walk to a place likely to have people; call someone for assistance.
- YELL FOR HELP.
- Call the police.
- If walking a distance, wear comfortable shoes.

WHEN DRIVING YOUR CAR...

- Keep your car in good running condition and with plenty of gas.
- Plan your route, have enough gas and money, and be able to easily locate your cell phone.
- Keep windows up and door locked.
- Keep valuables out of sight.
- Do not stop for hitchhikers.
Everyday Awareness to Keep Yourself Safe (cont.)

WHEN RETURNING TO YOUR CAR...
- Have your key ready, in hand, and phone accessible.
- Be aware of who and what is around you.
- If carrying packages, keep one hand free and your vision clear.
- Look inside the car and back seat before unlocking the car or getting inside.
- Note if car ceiling light came on. (Has someone broken it to hide inside?)

WHEN YOU HAVE CAR TROUBLE...
- Steer to safe, well-lighted areas.
- Call for someone to assist you.
- Wait inside with your emergency flashers on or use flares if you have them.
- Tie a handkerchief or cloth to the antenna or use an emergency sign.
- Raise your hood.
- Keep the doors locked and the windows rolled up.

IF SOMEONE STOPS TO OFFER HELP:
- Don’t get out.
- Ask them to call for assistance.

IF FOLLOWED WHILE DRIVING...
- Drive to an attended area and honk your horn (fire dept., 7-11, etc.).
- Call the police.
- Try to get the license plate number and physical description of the car and driver.
- Honk your horn, flash your headlights, use your emergency flashers, etc.

WHEN USING PUBLIC TRANSPORTATION...
- Wait at a bus stop with other people (avoid isolated stops).
- Know where you are going and how to get back.
- Choose a seat nearest the driver.
- If harassed, talk loudly or get the attention of other passengers and the driver.
- Be alert to who gets off with you, and if followed, remember to get to a place where there are other people, cross the street, call someone for assistance.

WHEN THERE IS A STRANGER AT THE DOOR...
- Use a peephole.
- Demand ID; you can verify it by making a call.
- If someone needs help, don’t let them in; make a call for them instead.
- If you receive a package delivery, if possible have the slip slid under the door to sign; delivery people can leave your package outside.
- Don’t indicate that you’re alone.

If they try to break in:
- Leave the house immediately and call 911.
- Yell at the person that you’re dialing 911.
- If you can’t get out, lock yourself in a room or hide, where you have a phone.
Everyday Awareness to Keep Yourself Safe (cont.)

WHEN RETURNING TO YOUR HOME...
- Have your key ready.
- Do not enter if something seems unusual or there are signs of forced entry.
- Have your porch light on or other light(s) on inside your home.
- If dropped off, have driver keep headlights on and have them wait till you are safely inside or have them walk you to the door.

IF YOU LIVE ALONE...
- Don’t label door or mailboxes with your name (if you need to label your box, as in an apartment building, use a plural, such as “The Smiths”)
- When using a laundry room in an apartment house, never remain there alone. Have a friend or neighbor to accompany you
- On return mailing addresses, use a plural or just your first initial with the last name.
- On recorded phone messages, keep it simple (“This is 025-0090. Please leave a message.”) and do not give your name; use “we instead of I” if necessary.
- Have an unlisted phone number, or if listing, use only your first initials(s).

HOUSE KEYS...
- Do not label.
- Change the locks and keys if they are lost or stolen.
- Don’t leave house keys with car mechanics, parking attendants, car washers, etc.

APARTMENT DWELLERS...
- Avoid: Elevators with strangers, laundry rooms alone at night, swimming pools with strangers, storage and parking areas, etc.
- Do not allow people you don’t know through security doors.

HOME SECURITY...
- Use a variety of security measures: lights, locks, dogs, alarms, Neighborhood Watch, know your neighbors, etc.
- Protect your neighbors as well as yourself. Never mention to a stranger that a neighbor lives alone or is at home alone.

Suspicious active
- Protect your neighbors as well as yourself. Never mention to a stranger that a neighbor lives alone or is at home alone.
- Persons offering items for sale at a very low price.
- Sound of breaking glass
- A person exhibiting mental or physical symptoms.