

PERSONAL SAFETY TIPS



In the Car:

- Check the inside and all-around your car before entering to insure that no one is hiding there.
- Check you surroundings before getting out of your car
- Don't pick up hitchhikers.
- Keep doors locked and window rolled up.
- Don't let the gas indicator fall below $\frac{1}{4}$ of a tank.
- Plan your route and check a map before you start out.
- Park in a well-lit heavily traveled areas if possible.
- Don't leave valuables in plain sight inside your car. .
- If you see an accident or stranded motorist, report it from the nearest telephone instead of stopping.
- Carry in your car: flashlight, flares, fix-a-flat, maps, comfortable warm clothing, first aid kit, white cloth to tie to antenna to signal distress, cellular phone.
- Learn basic auto maintenance.



On the Street:

- Don't hitchhike.
- Be very careful using outside ATMs at night or in unfamiliar surroundings.
- When walking, face the oncoming traffic. You can see cars coming in your lane.
- Tell someone where you'll be and what time you're supposed to return, or if you will be with someone you don't know well.
- Don't overload yourself with packages. If you must have your hands full, visualize how you would respond if approached, how you would get your hands free, etc.
- Don't wear music headphones while walking or jogging.
- Don't read while walking or standing on the street.



In Your Home:

- Have lights in all entrances.
- Have good locks on all doors and windows.
- Do not use your full name on your mailbox, answering machine or in the phone directory.
- Do not leave a schedule of your times away from home on your answering machine or on your door.
- If you live alone, do not let strangers know.
- Know which neighbors you can trust in an emergency.
- Look & ask who is at the door before opening it.
- Don't hide extra keys in easily accessible places.
- Ask for photo identification of all repair persons, etc. If you are still suspicious, call to verify employment.
- **Never give personal information to telephone solicitors.**
- Consider creating a "safe room" with a separate telephone line or cellular phone, and strong locks. If someone breaks in, you can retreat there (with children) and call for help.
- **Do not let strangers into your home to use the phone. Offer to make the call for them.**



General Safety:

- Create a safety plan.
- Listen to and act on your intuition. It's better to be safe and risk a little embarrassment, than stay in an uncomfortable situation that may be unsafe.
- Have your keys ready when approaching your car or building.
- Vary your routine: drive or walk different routes every day. If you suspect that someone is following you, by foot or in a car, don't go home (or they will know where you live). Go to a trusted neighbor or to a public place to call police, or go directly to the police station or DPS office.
- Do not label keys with your name or any identification.
- Don't talk about your social life or vacation plans where strangers can overhear you.
- Always carry enough money for a telephone call.
- Be aware of your surrounding when using your personal information:
 - Social Security #
 - Date of Birth
 - Home/Cell #
 - Bank/Credit Card Information
- Do not display cash openly, especially when leaving an ATM machine
- Beware of phone scams
 - Don't give personal or financial information to anyone over the phone.
- If you are a woman living alone, don't reveal that information to anyone on the phone.
- Hang up on nuisance callers and report chronic nuisance calls to the phone company.