

General Safety

- Take notice of your surroundings when you are out. Pay attention to where the nearest entrances and exits are at in the event you need to make a quick exit.
- When you are travelling to unknown areas, take the time to research the route you may take; avoid shortcuts through alleys or parking lots.
- When walking or jogging, walk or jog at a good, steady pace and vary your routes. Keep your head up, observe your surroundings, and don't just focus on the ground. Also, carry a whistle or similar type of noise maker. In the event of an emergency, the sound may scare off a would-be attacker.
- Avoid listening to headphones while jogging or walking. Headphones may distract you from being aware of your surroundings and who may be approaching.
- When walking or jogging, wear bright colors or reflective clothing. This will make you more visible to vehicular traffic.
- When walking, jogging, or bicycling let someone know when you anticipate returning.
- If you see a suspicious person or vehicle following you, do not go home. Either contact Police or enter a business and contact the police.
- When carrying purses or packages, keep them tucked securely between your arms and body. Don't overload yourself with packages or bags – it is distracting and can make you look defenseless.
- Don't carry large amounts of cash or numerous credit cards and avoid wearing flashy and excessive amounts of jewelry. Carry only what you need.
- Exercise caution when using ATM's. Use only ATM's that are in well lit highly trafficked areas; ATM's located physically in stores are usually the safest.
- If travelling to an unknown parking lot, drive through the lot first before parking. If something does not look right, find a different parking lot to park in. After parking, make sure your vehicle is locked and do not leave valuables in plain sight.
- When returning to your car, have your keys in your hand and activate the panic alarm should something look out of place.