Self Protection At Home

Use a wide angle viewer (peephole) to see who's at the door before opening it.

Don’t leave notes on your door indicating when you’ll be back. Your answering machine message should indicate that you can't come to the phone right now - but don't say you are away or when you will return.

If you see signs of a break-in at your home, do not go in. The burglar may still inside. Go to a neighbor and call the police.

Draw your curtains after dark.

If you wake up to hear the sound of an intruder lock yourself in the bedroom and dial 9-1-1 even if you cannot speak for fear of being heard by the intruder. Do not hang up the phone – this will alert dispatchers to send help immediately.

While Walking

- Don’t make yourself a likely target.
- Don't wear excessive jewelry.
- Don’t let your purse dangle from your arm.
- Don’t walk alone in dark areas.
- Walk with confidence and a sense of purpose-don’t be tentative.
- Be aware of your surroundings and know what’s going on around you.
- If you think you’re being followed by someone on foot: cross the street, change direction, vary your pace. If he persists, go to an open store or public place and call police.
- If you think you're being followed by someone in a car: turn around and walk in the other direction. Go up a one-way street. If he persists, record the license number and call police.

REMEMBER - Any time you believe you are being followed - DON'T GO HOME - go to a public place and call police for help.

While Driving

- Keep doors locked and keep windows rolled up.
- Be alert at intersections.
- Carry a cellular phone.
- Park in well lighted areas.
- Don’t leave house keys with a valet.

Don’t stop to help the driver of a disabled vehicle - use your cellular phone to notify police that help is needed.

If you have car trouble - stay inside the vehicle with the doors locked. If a stranger stops to help - ask him to report your situation to the police or the nearest service station.

If you think you are being followed - don't drive to your home. Go the nearest police station or open business and ask for help.

If you are bumped from behind - don't get out of your car - drive to the nearest Police Department.