



* PERSONAL PROTECTION *



WHEN WALKING OR JOGGING

1. Carry a whistle or personal alarm. Before anyone suspicious or threatening gets within your twelve-foot safety zone, sound the alarm, blow the whistle, scream “FIRE” “HELP” “GET AWAY” or some other command-type language.
2. Be familiar with the area. Before taking to the road, (or recreational areas, such as playgrounds, parks, or rural locations), check out the area for hiding places that can be used to ambush unsuspecting pedestrians. Tell someone where you are going, and the approximate time of return. Look for places that can be used for refuge, in case of emergency.
3. Change your daily routine. Predictability can be a trap. Never get “locked in” to the same route, time, or day that can facilitate an attack.
4. Jog or walk with a companion(s). There is safety in numbers.

SHOPPING

1. Shop with a companion. The same reason to walk or jog with a companion holds true for shopping. There is safety in numbers.
2. Hold your purse close to you. Purses with long straps should be carried over the shoulder, with the flap to the inside, and your hand on the purse itself. Clutch purses should be carried under the arm, like a football.
3. Park your car in a well-lit place. Check the parking lot before going to your car. As you approach, look under your car, to be sure no one is hiding under it. Check the interior, before you enter. Have your key ready, and enter your car as quickly as possible. Lock your doors immediately upon entering.