



## SENIOR HEALTH

# Protect Yourself From Crime

### TIPS TO HELP KEEP YOU SAFE

#### **PREVENT CRIME AT HOME**

- Have deadbolts and other secure locks that are easy for you to operate installed on all your doors and windows.
- If you lose your keys, rekey your locks.
- Don't attach an ID tag to your key ring.
- Close your curtains and blinds at night.
- Turn your porch light on at night.
- Have motion-sensing lights installed around your house.
- Keep trees and shrubs around your house well-manicured.
- Before answering your door, look through the peep hole or a window. Ask the visitor to identify himself or herself before you unlock the door. If the visitor is someone you were not expecting (such as a repair person or utility worker), ask for proper identification, keeping the door locked. If you still feel uneasy, call the company they represent to make sure they're legitimate.
- Mark valuable property by engraving it with your driver's license or state identification number.
- Take a home inventory. Record a description of your valuable items, along with serial numbers and make and model information. Keep this list and photographs of each item in a safe deposit box.
- Never give information to strangers over the telephone, especially your credit card and Social Security numbers.
- Have your Social Security and pension checks deposited directly into your bank.

#### **WHEN YOU'RE AWAY FROM HOME**

- Leave lights on inside and outside your house.
- Leave on a radio or television.
- Lock all the doors and windows.
- Have someone watch your house and bring in your newspapers and mail when you're away on vacation.
- Choose a safe, well-lit course to your destination.
- On buses, hold onto your packages, sit in the front near the driver and ask the driver, not other passengers, for directions.
- On subways and trains, wait near the ticket booth until boarding. Enter a car that already has several people in it.
- Keep your wallet in an inside pocket or on a chain attached to your belt. Avoid using a purse.
- If you must carry a purse, avoid using one with a shoulder strap. If it's snatched, you may be thrown to the ground and injured.
- Avoid carrying large amounts of cash.
- When you arrive home, have your house key out and ready to use. If you're dropped off by someone, have them wait until you're inside your house.
- In your car, keep your doors and windows closed and locked.
- When you approach your car, have your keys in hand and look into the back seat before you get in.
- If you're assaulted or feel you're in danger, yell for help. If you're in your car, honk the horn and flash your lights.
- Hide valuables out of sight.
- Never respond to harassment at intersections; drive away. If you're followed, drive to the nearest police station.
- Never pick up hitchhikers.
- If your car breaks down, raise the hood and stay inside. Keep the doors locked. If strangers stop to help you, ask them to alert the nearest police or service station.