

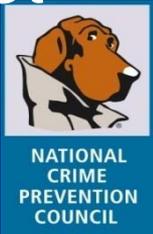
Personal Safety Best Practices



Out and About

■ Walking or jogging

- As you walk down the street or through the parking garage, walk alertly and assertively.
- Walk or jog in the middle of the sidewalk rather than against the doorways or along the curb.
- Stay alert—iPods and cell phones will distract you.
- When walking, keep your purse hugged close to your body and wallets in front pants pocket or jacket pocket.



Out and About (continued)

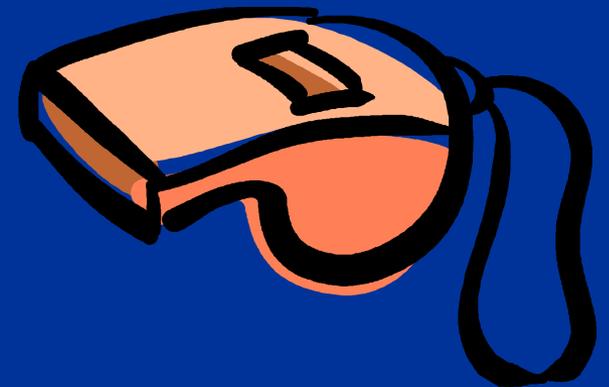
■ Walking or jogging (continued)

- Walk or jog with a companion.
- Use familiar areas.
- Do not walk or jog after dark or in secluded areas.
- Be sure to face traffic.
- Wear brightly colored or reflective clothing to improve visibility.



Out and About (continued)

- Walking or jogging (continued)
 - Carry a whistle or shrill alarm to summon help if needed.
 - Vary your route and pattern.
 - Always be aware of your surroundings.
 - Walk or jog away from bushes where someone can hide.



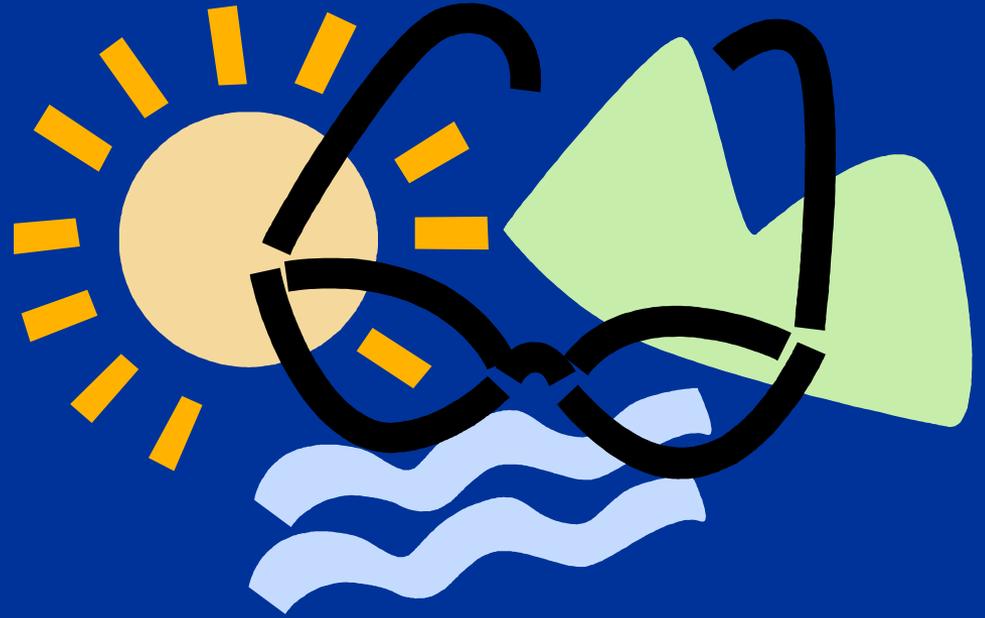
Out and About (continued)

■ Automated Teller Machines (ATMs)

- Try to avoid using ATMs when alone.
- Try to avoid using an ATM after dark.
- When possible, use an ATM inside a bank or store and be alert before using it.
- Have all necessary cards and documents ready.
- Protect your personal identification number (PIN).
- When your transaction is complete, leave immediately.



On Vacation



On Vacation



Before you leave

- Place several lights on a timer.
- Ask a neighbor or family member to check your home periodically.
- Stop newspaper and mail delivery.
- Don't forget to set your alarm.

On Vacation (continued)



While traveling

- Take only essential credit cards.
- Pack as lightly as possible.
- Large bags should be shipped in advanced for extended vacations.
- If you purchased something hefty, ask the merchant to ship it home for you.
- Check maps before you go out so you can tour confidently.

On Vacation (continued)

- Try not to display expensive jewelry, cameras, bags, or other items that might draw attention.
- Stick to well-lit, well-traveled streets at all times; avoid short-cuts.
- Never leave your keys out where they can be picked up (i.e., poolside, lounge).
- Never leave a room unlocked, even to go get ice or a snack from the vending machine.



On Vacation (continued)

- Make sure everyone in your party—adults, teens, children—has the name, address, and phone number of the place you are staying.
- Set up rules for each day's outings on where and how you'll link up if you become separated.
- Don't leave valuables in view in the car (your own or a rental). Leave them in the trunk or, better still, take them back to your room as soon as possible.
- Leave a photocopy of your wallet's contents at home or with a friend.