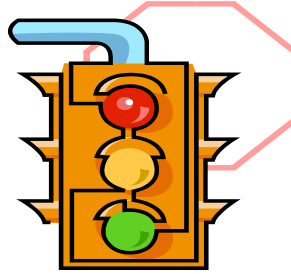


◆ *Tips on Personal Safety* ◆



Out and About

- ◆ Be alert Walk confident; notice who passes and who is behind you
- ◆ Use well lighted areas avoid walking near bus stops, alleys, etc.
- ◆ Chose apparel that gives you freedom of movement
- ◆ If caring bags don't overburden yourself that might make running difficult
- ◆ Carry a whistle and bring as little cash needed
- ◆ Keep your purse tightly close to your body. Keep your wallet in a front pocket
- ◆ Hitchhiking prohibited
- ◆ Remain at a safe distance if a car stops you for directions or information,
- ◆ If a vehicle's occupants persist in bothering you, cross the street
- ◆ If you feel your being followed, check behind then walk or run to nearest lighted area
- ◆ If you feel that you are in danger, start to scream and run