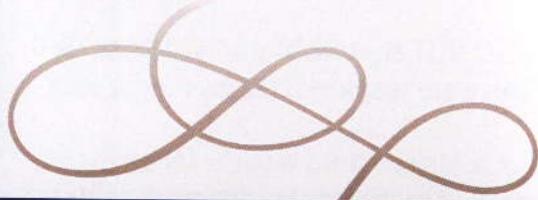


FOR YOURSELF

- Dress casually and comfortably.
- Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.
- Avoid carrying large amounts of cash. Pay for purchases with a check or credit card when possible. If you must carry cash, keep it in a front pocket.
- Notify your credit card issuer immediately if your credit card is lost or stolen.
- Purses should be carried with the strap across a woman's chest, purse side toward a wall or the person you are shopping with. Never to the outside or clinched in one hand.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.



RETURNING TO YOUR VEHICLE

1. Look for your vehicle before walking into the parking lot. Many parking lots have numbered signs that show where you parked.
2. Have your car keys in your hand.
3. Walk directly to your vehicle. Avoid wandering through the parking lot.
4. Use direct eye contact when approaching oncoming people.
5. Be aware of your surroundings when approaching your vehicle.
6. If you are carrying packages, try to keep one hand free, even if it means making an extra trip.
7. Check outside, under and inside of your car before unlocking the door and getting in.



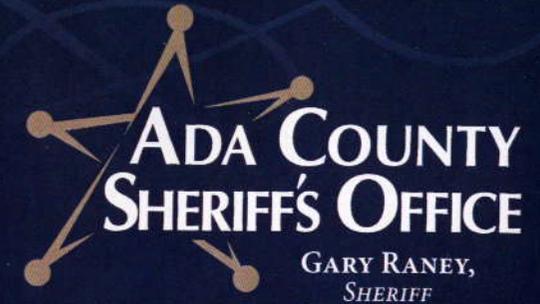
ADA COUNTY
SHERIFF'S OFFICE
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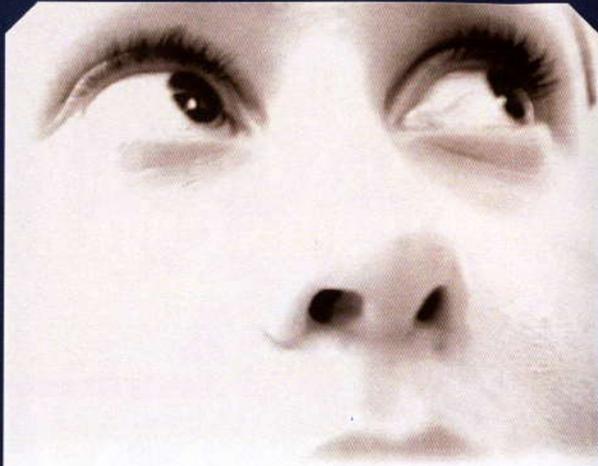


PERSONAL SAFETY TIPS

Presented by the

The Ada County Sheriff's Office
Community Resources Unit

In an Emergency Dial 911
Non-Emergency Dispatch 377-6790



TRUST YOUR INSTINCTS!

Many people would consider these tips just plain old common sense however, the facts are that each year thousands of people are victimized across the country simply because they failed to take even the most basic personal safety precautions. We can never be too careful, too prepared, or too aware of our surroundings. The following crime prevention tips are provided to help reduce your risk of being victimized.

There are 3 general rules that help to promote your personal safety when you are away from home. First, **Stay Alert!** Be tuned into your surroundings so that you are not taken by surprise. Second, **Stand Tall!** Walk confidently, don't show fear, and most importantly, **DON'T LOOK LIKE A VICTIM!** Third, **Trust Your Instincts!** If you feel uncomfortable in a situation, leave right away and get help if needed.

DRIVING:

- Be alert to your surroundings when getting into or out of your car.
- Keep your car in good running condition.
- Keep your doors locked & car in gear while waiting at traffic signals & stop signs. If you are approached & threatened, honk the horn & drive away.
- Don't let yourself be distracted while driving. Resist applying cosmetics, reading or making cellular telephone calls.
- If another driver tries to force your car off the road, DO NOT STOP! Drive to an open business, Police, Sheriff or Fire station.
- Never pick up hitchhikers!

PARKING:

- If you shop at night, park in a well lit area.
- Look around before you get out of your car.
- Look for a sign or landmark that will remind you where your car is parked.
- Avoid parking next to vans, trucks with camper shells, or cars with dark tinted windows, whose structures and size might conceal a potential assailant.
- Never leave your car unoccupied with the motor running, or with children inside.
- DO NOT leave packages on the seats of your car. Lock them in the trunk.
- Be aware of your surroundings when approaching or leaving your vehicle.
- Exercise caution when using underground or enclosed parking garages.
- DO NOT approach your vehicle alone if there are suspicious people in the area.
- Ask Mall or store security for an escort to your car before leaving your shopping location.

