

- v Keep alert.
- v Do not use your cell phone while driving.
- v Park in a well-lit area and always keep your car doors locked even when at a stoplight.
- v Keep windows closed or only slightly open.
- v Make sure you have enough fuel in case there is an emergency and you need to divert from your usual route.
- v In the event that you feel threatened while driving, stay calm and do not react aggressively. Instead, drive to a busy, safe place or the nearest police station.

Personal Safety When on Foot

- v Walk down the middle of the pavement if the road is deserted.
- v Avoid dark alleyways and isolated car parks.
- v Think about possible escape routes in the event that you feel threatened.

- v If you feel like you are being followed, trust your instincts and take action.
- v There is safety in numbers - try and walk with a friend or in a group.
- v Avoid large crowds if you can.
- v Keep your mind on your surroundings and try not to be distracted by your cellular phones and other gadgets.
- v Always take the route you know best and try to have a way to contact someone in the event of an emergency e.g. a fully charged cell phone.
- v Always try to use a route taxi that you know or that is identifiable.

Try not to give out your personal details to strangers.