

In your Vehicle

- Always have your keys in your hands when walking toward your vehicle
- Before getting into your vehicle check underneath the vehicle and in the back seat, especially at night.
- Always park in well-lit areas and avoid sitting in your automobile for any length of time while in remote areas or parking lots.
- Never leave valuables in plain sight on the seat, floorboard or dash. If you must leave items in your car always store them in the trunk.
- When driving always keep doors locked and windows closed. On hot days only leave windows slightly ajar.
- Be especially cautious at stop lights and intersections, keep your car in gear and if you feel threatened, blow your horn and drive away.
- If you feel you are being followed, make four rights, if the vehicle is still behind you drive to the nearest police station or populated area and summon assistance. Get a good description of the vehicle, license number and if possible the driver.



- If you have car trouble stay in your car until help arrives. If someone approaches offering assistance partially roll the window down and ask them to call the police or road service.

- If you are getting into your car and someone jumps in, immediately try to get out, your car can be replaced, you can't.
- If your car is bumped from behind and you are suspicious, do not get out of your automobile. Motion to the other driver to follow you and go to the nearest well-lit public location where you feel safe, such as a police or fire station.

- Keep your automobile in good working order, and keep at least 1/4 tank of gas in it at all times.
- When your car is being repaired or valet parked, leave only the ignition key with the service person or attendant, and lock your glove compartment.
- Keep a flashlight, jumper cable, basic tool set, road flares, map and a good spare tire with tire changing accessories the trunk of your car.

Safety in other places

Public Transportation

- Keep your purses, bags and valuables close to your person and be careful of people bumping or shoving you in a particular direction.
- Be watchful of people following you after you disembark or exit the bus, BART or train.

Banks or ATMs

- Be wary of anyone loitering around the bank or ATM not transacting business or assisting patrons.
- Do not go to the ATM at night. If there is no other alternative use machines in well lit areas and bring someone with you or visit a grocery store.
- If you use Night Deposit Boxes, vary your routine, and whenever possible use the teller window inside the bank.

For more information or to schedule a personal safety presentation contact:

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Personal Safety: Do you have a Plan?


**CITY OF
OAKLAND**



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Neighborhood Services Section
250 Frank H. Ogawa Plaza
Suite 6303
Oakland, Ca. 94612
(510) 238-6200**

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Personal Safety starts with you!

Preparation and education are key elements to keeping yourself and your family safe. Become a tough target!

In The Home

- Keep doors and windows locked at all times
- Keep the exterior of your home well lit
- Be aware of men posing as service personnel attempting to gain entrance to your residence. Always ask for identification and then verify by calling their office to confirm.
- Install a security alarm
- If anyone asks to use your phone, offer to make the call for them.
- When you arrive at home have your keys ready before approaching your door, once you open your door, go inside immediately, avoid leaving it ajar.
- If you arrive home and you suspect someone has broken in. **DO NOT ENTER!** Call the police from your cell phone or a neighbors house, the burglar may still be inside.
- Make sure your house numbers are visible from the street so emergency vehicles can easily find your home.
- Make sure you have strong locks on your doors—deadbolts that extend an inch and a half are preferred.
- Install a wide angle viewer in the door.
- If someone tries to break into your home while you are inside, immediately call 911. If possible, leave the house, if you are not able to get out of the house lock or barricade yourself inside a room.
- Create or join a Neighborhood Watch group. Call (510) 238-3091 for more information.

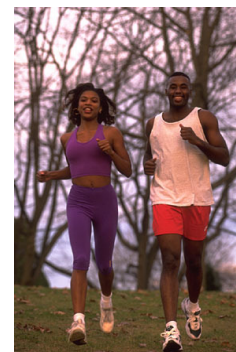
Apartments/Condos

- Never allow strangers such as salespersons, solicitors, or delivery persons to enter your building or the secured parking area without proper screening. Be sure signs are posted to this effect.
- Do not loan your keys to friends, reduce the number of keys in circulation.
- When moving into a new apartment or condo make sure the locks have been changed
- If someone is coming into the gate or building behind you, quickly shut and lock the door or gate after you enter. It may be obvious to them that you are shutting them out, but your safety comes first.
- Do not leave the entry door propped open especially if you are making more than one trip.
- When inside the elevator, stand by the buttons so if someone you are not comfortable with gets on you can hit the “door open” button and quickly get off.
- Do not get on an elevator if you are uneasy with the person inside. Wait for the next car.
- If your building has a garage with an automatic gate or entry system, do not be too quick to drive off. Let it close behind you. And, when you drive in make sure no one slips in before the gate/door completely closes.

On the Street

- Walk with confidence
- Make eye contact with people you pass
- Know your route
- Avoid carrying oversized purses, carry only what you need
- Be aware of your surroundings
- Do not overload yourself, keep your hands free so you can defend yourself if necessary.
- Walk with your keys in your hand until you reach your destination.

- If anyone in a vehicle or on foot stops to speak to you, keep a safe distance.
- Avoid walking at night and avoid walking alone.
- Walk in well lit open areas. Avoid locations obscured from public view like alleys, creeks and overgrown bushy areas.
- Be aware of someone attempting to distract you while their partner or partners gains the advantage.
- If you believe you are being followed, stay calm and continue walking. Cross the street, change your pace, and seek a safe place.
- Keep your purse or valuables close to your body, and never tie or wind purse straps around your wrist. If grabbed, you could be seriously injured.
- Always let someone know where you are, where you are going, and what time you are expect to return.



- If walking or jogging, do so with a partner or dog in an established park, road or trail preferably in the daylight with other people around. If you can only exercise at night consider joining a gym.
- If you own a cell phone, program the Oakland Police Department emergency number in it: 777-3211.
- Stay alert and beware of the following potential distractions:
 - children
 - cell phone conversations
 - walking/jogging with headphones on
 - putting on make-up
 - a stranger engaging you in conversation