

## PERSONAL SAFETY PROGRAMS

Personal safety presentations are available for your church, school, neighborhood or business organizations. This program is designed to provide information and literature to heighten your awareness and enhance your personal safety. For more information, please contact the Milan Police Department at (309) 787-8520.

### ~STAY SAFE AT HOME~

- Always lock your doors and windows even when leaving for "just a minute."
- Never leave a house key available under a doormat, in a flowerpot, or on the ledge of a door. These are the first places a burglar will look!
- All exterior doors should be made of solid core wood or metal and have dead bolt locks with at least a one-inch throw that extends into the frame.
- Increase the security of sliding glass doors and windows by installing additional security locks. To prevent the door or window from being lifted out of the track, drill a hole through the door/window frame and the fixed frame; then insert a pin into the hole.
- Install a peephole in your front door. NEVER open the door to someone you do not know!
- Use timers so that lights, radios, and televisions go on and off throughout the house to give the appearance that someone is home.
- Install exterior lights on timers that illuminate your doors and windows at night.
- Cut shrubbery back so it does not hide doors or windows. Cut back any tree limbs that a burglar could use to climb to an upper-level window.
- Ask to see the identification for any repairman or delivery person before opening your door. If you are suspicious, call to verify.
- If a stranger asks to use your phone, offer to make the call for them. Have the person wait outside.
- Never let a stranger know you are home alone, whether the person is at your door or on the phone.

### ~STREET PRECAUTIONS~

- Know where you are going and the safest route to your destination.
- Walk at a steady pace, with your head up. Look confident and avoid looking down at the ground.
- Stay in well-lit areas and choose routes where other people will be walking. Walk with a friend whenever possible.
- If someone is following you on foot, cross the street and head towards a busy area. If a vehicle is following you, turn around and walk in the opposite direction.
- Carry a whistle or personal alarm. The noise may scare off an attacker.
- Vary your route while jogging or biking. Avoid isolated areas and exercise with a friend whenever possible.
- If you carry a purse, hold it securely between your arm and body or consider wearing a fanny pack.

## ~VEHICLE SAFETY~

- Keep doors locked and windows rolled up when driving.
- Maintain your car, to reduce the chances of a breakdown.
- Do not pick up hitchhikers, no matter how harmless they look.
- Park in a well-lit area, close to your point of destination.
- Make a mental note of where you park, so you can find your car again quickly.
- Have your keys in your hand as you approach your car.
- Walk around your car, looking inside, before you enter your car. Once inside, lock your door immediately.
- Consider purchasing a cellular phone for ready access to emergency communication.

If you have any questions, please feel free to contact the Milan Police Department at (309) 787-8520, your safety is our concern!