# SAFETY TIPS FOR SENIORS



#### AT HOME

- Always keep your house doors and windows locked. Install deadbolts if possible.
- Do not leave a hidden key outside.
- Have peepholes installed at your eye level; use them whenever someone comes to vour door.
- Keep windows and doors secured.
- Do not let anyone into your house who you do not know. If you are wary of someone who claims to be from a business or organization, check with their company before you let them in.
- Keep your house well-lit on the inside and out. Close your blinds to prevent any passers-by from seeing in.
- Make sure your house number is visible in case of emergency.
- Consider having an alarm system installed that will monitor for emergencies.
- Improve your neighborhood and get to know your neighbors by volunteering.
- Report any suspicious activity to the police or other authorities.

#### **GOING OUT**

- · Go out with family or friends instead of alone when possible.
- If it's possible, carry a cell phone in case of emergency.
- Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
- Stay alert and aware of your surroundings no matter where you are.
- · When carrying a purse hold it close to your body. Never leave a purse open or unattended.
- Avoid carrying valuables you don't need, such as large amounts of cash or credit cards you do not intend to use during your outing.
- Always lock your car, whether you are driving, the passenger, or parking.

### WATCH FOR FRAUD & SCAMS

- Be wary of who you give your personal information to.
- Never give your bank account, credit card, or social security information to anyone over the phone unless you initiate the call.
- Legitimate businesses will not ask for personal information or payment over the phone. Ask for payment options that do not require payment by phone.
- Be aware of "Grandchild in Distress" scams.
  - o If you receive a call requesting a bond payment to get a family member out of jail, hang up immediately and contact the police department to confirm whether the call is legitimate.
- · If you believe that you are the victim of fraud, call the police department to report the crime.

#### **MORE TIPS**

 Know the location of the nearest hospitals, police and fire stations in your neighborhood. Keep a list of emergency numbers by your telephone.

## COMMUNITY RESOURCES

**Emergency/Crime in Progress** Dial 9-1-1

Report a Crime or Suspicious Activity Dispatch Center: (307) 637-6525

24-Hour Anonymous Tip Line (307) 638-8477

**General Department Requests** (307) 637-6500



