

## Getting Around our Community Safely

Some members of our community may feel uncomfortable leaving their homes and neighborhoods. We can take precautions that allow us to enjoy family and friends and to experience activities and visits to our community center. When going around town, consider these safety tips:



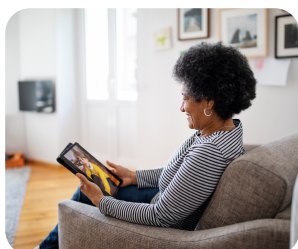
### Be prepared before going out

- Make sure your phone is charged before going out and that you can easily access emergency numbers.
- Coordinate travel with friends or neighbors when possible.



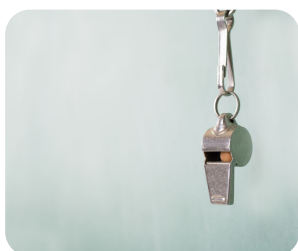
### Be aware of your surroundings

- If you feel uncomfortable, it's okay to leave the area. Change seats on the bus or train, or cross the street.
- Call family, a friend, or our community center for advice or help if needed.



### Find local resources

- Call your local community center to learn about what resources they may have such as a senior accompaniment service, safety training meetings, or referrals to other assisted transportation options.



### Consider wearing a whistle

- Keep around your neck as an added alert system.
- Use the whistle if you feel you are in danger or you see or hear someone else in danger.



### Call 911 if needed

- If you see or hear someone in danger, call 911.
- If you're feeling unsafe, are being followed or harassed, go somewhere safe such as a local business and call the police.