



Personal safety advice whilst out on foot...



- Do not hitchhike or accept lifts from strangers or unlicensed taxis.
- Plan your route there and back. Avoid short cuts through unlit or deserted areas.
- Try to walk in groups.
- Let someone know where you are going and your time of return.
- Have keys ready - so that you can get into your house or car quickly.
- Beware of surroundings - a personal stereo may prevent you from hearing traffic or somebody approaching behind you.
- If you think you are being followed, go to the nearest public place, such as a pub or shop, and call the police on 999.
- Walk facing the traffic - so a car cannot pull up behind you unnoticed.
- If a car stops and the occupant asks for directions, keep your distance.
- If you are confronted, use your alarm and run; or scream and shout to attract attention.

Always call 999 in the case of an emergency when you need immediate assistance.

staysafe

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suffolk
for you