

# Kernersville Police Department

*"A Higher Level of Service"*



## Safety Tips for Seniors

### At Home

#### **Be sure the locks on your home are sufficient and work properly**

- Types of locks vary. Ask a professional which type is appropriate.
- Strike plate screws should be replaced with ones long enough to grab framing wood
- Horizontal track bars should be used on sliding doors
- Window hardware should be upgraded or supplemented with vertical track bars
- Peep holes should be installed, and positioned to eliminate obstructions

#### **If you have a security system on your home, make sure it works properly and use it regularly**

- Even when you're out during the day
- Battery back-ups will keep the system working even when power is lost
- Cellular back-up maintains a connection to a monitoring station if phone goes out

#### **Don't leave valuables in plain sight or in easily predictable locations within your home**

- Not on the dresser top
- Don't leave expensive items in jewelry boxes
- Not in your sock or underwear drawer

#### **Install, maintain, and use proper lighting to deter nighttime crime**

- Use exterior lighting over all entrances
- Mount the lighting high enough to prevent tampering
- Use timers and light sensors- don't rely on turning lights on manually every night
- Place interior lights on timers so your home looks occupied

#### **Maintain foliage according to the 3'/7' rule. Not higher than 3' or lower than 7'**

- Special attention near entrances
- Special attention near walkways

## **While you are out**

### **Remember that stranger safety still applies**

- Don't let strangers talk their way into your home
- Don't let anyone draw you out of your home
- Ask for ID or credentials from utility workers
- Did you ask for assistance from this utility or contractor? Why are they there?

### **Carry your cell phone with you all the time**

- Turn your location to "ON" and keep the power turned on
- Charge it nightly
- Have a listing in your address book for ICE- In Case of Emergency

### **Protect your money**

- Watch for scams and fraud
- Know where your money is
- Check your credit report annually
- There is no "Nigerian Money", "foreign lottery", or "lost inheritance"

### **Don't flaunt valuables**

- Wearing jewelry in public may be "advertising" to criminals
- Leaving valuables in cars leaves them open to thieves

### **Be alert to your surroundings**

- Situational awareness is important in keeping yourself safe. Always know what's going on around you
- Involve neighbors, friends, and Neighborhood Watch
- Partner with a friend for a daily mutual check-in