



PROTECT YOURSELF WHILE OUT IN PUBLIC

TAKE THESE SAFETY PRECAUTIONS TO PROTECT YOURSELF WHILE WALKING OR JOGGING:

- Travel with a friend whenever possible
- Inform friends or family of your route and let them know how long you expect to be gone
- Carry a cellphone and keep it charged at all times
- Avoid using headphones

USE EXTRA CAUTION WHILE TRAVELLING AT NIGHT. TAKE THESE STEPS TO ENSURE YOUR SAFETY:

- Travel in well-lit or populated areas
- Avoid taking shortcuts through parks, parking lots, pedestrian tunnels or alleyways
- Wear bright or reflective clothing and don't assume motorists can see you



This message provided by the Investigative Services Community Advisory Council (ISCAC)

Dial **9-1-1** in an emergency or **1-866-876-5423** for non-emergencies. Want to remain anonymous? Call Crime Stoppers of York Region at 1-800-222-TIPS.



Keeping Our Community Safe Together