



Staying Safe Together

Senior Safety Tips: Situational Awareness

We encourage everyone to share these safety tips with your neighbors and friends. We should not have to be fearful when going out but we do need to remain vigilant.

1 Be aware and stay focused

- Use your eyes and ears to make yourself aware of what is going on around you, including behind you.
- Limit distractions such as looking at your phone or listening to music, as these may interfere with being alert.

2 When conducting errands, try to go with other people if possible

- Take the safest route, not the fastest or most convenient route.
- Consider avoiding going out when it is dark.
- If you do go out alone, tell a family member, friend, or neighbor where and when you are going.

3 Remain vigilant and keep your eyes up

- Being attentive to your environment will allow you to anticipate and avoid potentially unsafe situations.
- On a regular basis, practice observing what's happening around you.
- If you need to look at a list, phone, etc., move to the side and put your back against a wall or shelf while you check.

4 Prioritize your safety

- Control what you can in your situation and consider a noisemaker or personal alarm to make others aware you need help.
- If you are carrying valuables, make sure they are secured in a purse or bag and out of sight.
- Leave yourself avenues of escape in case you need to distance yourself from a possible threat.

5 Share tips and discuss situations with family and friends

- Even if certain tips may seem like common sense, it is helpful to be open about what is happening, brainstorm new suggestions, and share what you know with others.

Seek help immediately and ask others to call 9-1-1 if assistance is needed.

Report any anti-Asian incident you experience or witness (even if it is not a crime) to stopaapihate.org. Stop AAPI Hate is a community group that is gathering information on all anti-Asian incidents across the country.