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## **Safety Tips for Walking & Jogging**

As people venture outside to exercise and enjoy the weather during the summer months, please be sure to follow these basic safety tips for walking and jogging:

- Walk or jog with a known companion
- Walk or jog in a familiar area
- Do not walk or jog in a secluded area
- Do not walk or jog after dark
- Walk or jog facing the traffic
- If followed, go to the nearest house and call the police
- Wear bright colored clothing to improve your visibility
- Carry a pepper spray or a personal safety alarm device
- Vary your route
- Do not wear headphones when walking or jogging
- Always be aware of your surroundings. Keep Alert!
- Walk or jog away from bushes where someone could hide
- Take a key with you when you're out. Don't leave your house unlocked.