



Safety Tips for the Road

In your car:

- Don't leave your keys in the car.
- Keep the doors locked and windows rolled up at all times.
- Keep your gas tank full.
- Hide your valuables and keep your luggage out of sight.
- Be a considerate driver. Road rage is never good!
- Ask for directions only in public places, like convenience stores.
- Make sure your car is well maintained.
- Check the surroundings and inside of your car before getting in.
- If you are "bumped" by another driver from behind, drive to a safe area or call the police before stopping.
- Have your keys in your hand when walking to your car.
- If people are standing near your car, wait until they leave before going to your car.
- Don't drive sleepy or distracted (using the cell phone, eating, etc.).
- Don't drive in unsafe weather conditions. You can always reschedule appointments.
- Do not let any person you do not know well into your room. If the person claims to be a hotel employee, call the front desk before admitting them.
- It's best to leave valuables at home, but if you do bring them, keep them in the hotel safe.

In your hotel:

- Stay in hotels with inside corridors, locked outside doors and 24-hour desk service.
- Use the deadbolt and chain locks on your door when you are in the room. Make sure sliding doors or windows are secured with locks or rods.
- Make sure connecting doors are locked. Put your luggage against such doors.
- Do not needlessly display your room key or announce your room number in the lobby.
- Keep your room key-card or make sure that the desk clerk re-codes it. Personal information is coded into the card; being careless with it can open you up to identity theft.

Other safety tips:

- Leave an itinerary and contact information with your office and your family.
- Have your health insurance card and emergency contact information in your wallet or purse.
- Keep in touch with other counselors if you are traveling together (for fairs or other events) and let someone know if you get into trouble. We always help each other!!
- Keep your cell phone charged.
- Have a major credit card and some cash on hand for emergencies.