

## Personal Safety

Crimes against a person include specific criminal activities that threaten or cause physical or emotional harm to an individual, with or without accompanying property loss. Often these crimes, largely a matter of opportunity, can be avoided by reducing opportunities.

### Be Prepared

- Have a plan of action in case you are threatened.
- Be alert and aware of the people around you.
- Be aware of your surroundings.
- Use the “buddy system” - when possible.

### Street Precautions

- Stay in well-lit areas.
- Walk close to the curb— avoid doorways, bushes, and alleys.
- Walk confidently and at a steady pace.
- Make eye contact with people when walking, do not appear afraid.
- Carry your purse close to your body.
- Carry a personal body alarm.
- Be careful at Automatic Teller Machines.
- Carry a whistle, small can of hairspray, comb, keys or anything that can be used as a weapon if needed.
- Never openly display money or jewelry.
- Avoid traveling alone, when possible.
- Be wary of strangers.
- Avoid using laundry rooms at night.



## Vehicle Precautions

- Keep your car in good shape and full of gas.
- Always lock your doors.
- Buy a stereo/CD player with a removable faceplate, and remove it when your vehicle is left unattended.
- Check the backseat of your car before entering vehicle.
- Park in well-lit areas.
- Walk with your keys in hand for quick entry.
- If you think you are being followed, drive to a public place and honk your horn to get someone’s attention.
- If your car breaks down, stay with the vehicle.
- Don’t stop to aid motorists on the side of the road.

## Home Safety

- Lock all doors and windows with heavy bolts.
- Hang curtains or blinds on every window, and close them at night.
- Avoid putting your name on your house or mailbox.
- Get to know your neighbors, you may need their help later.
- Install a peephole, never let in anyone you don’t know.
- Vary your routine a little bit each day.
- Leave a light on when you go out.
- Trim the bushes around your house to limit hiding places.
- Have your keys out and ready for quick entry.



## Bus Safety

### While Waiting for a Bus:

- Try to avoid isolated or dark bus stops.
- Stand away from the curb until the bus arrives.
- Don’t open your purse or wallet while boarding the bus—have your money ready (in an easy-access pocket).
- Don’t flash jewelry or money.



### While Riding a Bus:

- During off-hours, ride close to the driver.
- Stay alert and aware of other riders (especially those near you).
- If someone bothers you or you see something suspicious, notify the driver.
- Carry your purse close to you, keep your wallet in your front pocket.

## Office Security

- Never leave a purse or wallet out where it can be taken.
- Mark your personal property with your drivers’ license number.
- Don’t leave valuables at work.
- If working late, lock the doors to the business and have someone escort you to your car when you leave.
- If you are in an elevator, stand near the control panel.
- Report all suspicious activity or persons to the management.
- Be aware of all escape routes in case of fire or emergency.



## Weapons

Carrying weapons for self-defense is a decision that should not be made without careful research and adequate training. Also, there are many laws which regulate and/or restrict the types of self-defense weapons available. BE SAFE—for more information, contact your local law enforcement agency.

## If you do become the victim of a crime

### Report it!

It is everyone's responsibility to report crime.

- A suspect cannot be caught if the crime is not reported.
- Police are unaware of ongoing problems as long as they go unreported.
- Chances are others will be victimized by the same suspect or in the same manner.
- The information you provide may lead to the arrest of a criminal. If possible, note the suspect's gender, age, race, height, weight, hair color, clothing, and any distinguishable details such as scars or tattoos.



## If You Are Sexually Assaulted

- Immediately go to a safe place, such as a friend or family member's home, a law enforcement agency, rape crisis center, or hospital.
- Do not wash, change clothes, or clean up in any way until after talking to law enforcement and going to the hospital.
- Remember that you are the victim. You have nothing to feel guilty or ashamed about. You may want to contact a treatment or crisis center.

## Mission Statement

*The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.*



### Helpful Websites!

- National Crime Prevention Council— [www.ncpc.org](http://www.ncpc.org)
- [www.kernsheriff.com](http://www.kernsheriff.com)
- Sexual Assault information— [www.calcasa.org](http://www.calcasa.org)

### To contact the Kern County Sheriff's Office:

Emergency: **9-1-1**

Non-Emergency: **(661) 861-3110**

Non-Emergency Outlying Areas: **1-800-861-3110**

Sheriff's Report Desk (Bakersfield only):

**(661)391-7471**

Text-A-Tip: **KERNSHERIFF to 888777**

**WWW.NIXLE.COM**

## PERSONAL SAFETY



## SAFETY TIPS FOR HOME AND AWAY

This brochure is a publication of the  
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