



# New York COLLEGE

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## of Health Professions

## Safety Tips

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### Walking around or near campus

1. Familiarize yourself with the layout of the campus. Survey the campus while classes are in session and after dark to see that academic buildings, walkways, facilities, and parking lot(s) are adequately secured and well-lit.
2. Plan the safest route to your destination; choose well-lit, busy pathways and streets.
3. Share your class schedule with your parents and trusted friends and give them your telephone numbers.
4. At night, stick to well-lit areas whenever possible and avoid alleyways or “short cuts” through isolated areas.
5. Travel in groups and avoid going out alone at night.
6. If you are being followed, change direction and go to the nearest business or home; knock on the door, and request that someone call the police. Note the description of the person following you.
7. Walk near the curb and avoid shrubbery or other places of potential concealment.
8. Tell a family member, friend or roommate where you are going and when you expect to return.
9. Stay alert to your surroundings and the people around you.
10. Carry your purse or backpack close to your body and keep a firm grip on it; carry your wallet in an inside coat pocket or your front pant pocket.
11. Keep your keys separate from your purse or backpack.
12. Don't overload yourself with bags or packages and avoid wearing shoes that restrict your movements.
13. Walk with a confident stride; keep your head up and look around.
14. If a motorist stops and asks for directions, keep your distance from the car.
15. Dress in clothes and shoes that will not hamper movement.
16. Report suspicious activity or noises immediately.