

We're Here For You

The Fairfax County Police Department offers a wide range of crime prevention services to citizens. The services are free and appointments may be made by calling the police district station nearest your home.

Fair Oaks District Station
703-591-0966

Franconia District Station
703-922-0889

Mason District Station
703-256-8035

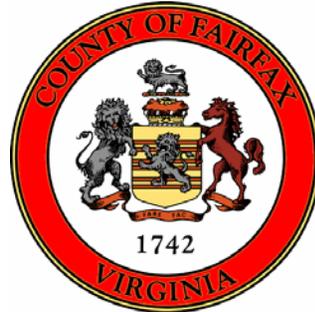
McLean District Station
703-556-7750

Mount Vernon Station
703-360-8400

Reston District Station
703-478-0904

Sully District Station
703-814-7000

West Springfield Station
703-644-7377



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A Guide To Personal Safety

Fairfax County Police Department
4100 Chain Bridge Road
Fairfax Virginia 22030

Phone: 703-691-2131
www.fairfaxcounty.gov/police

This document is available in an alternative format upon request. Please call the Fairfax County Police Department at 703-246-7562 or TTY 703-204-2264.

A Guide To Personal Safety



Fairfax County
Police
Department

May 2007

Personal Safety

Developing skills that strengthen your personal safety help you avoid becoming a victim of a crime.

- Be aware of what is happening around you. You are more likely to become a victim if you aren't paying attention to your surroundings.
- Always trust your first instincts. When you observe suspicious people or events do not doubt your feelings. Trust them instead.
- Have an air of confidence about yourself. Gain the psychological advantage over would-be attackers. Keep your head up and know where you are going.
- Try to avoid putting yourself in dangerous situations such as elevators, parking lots and parking garages when suspicious persons are present.
- There is safety in numbers. Whenever possible, be with other people. Have a plan of action.
- Have a cell phone with you to call for help.
- Carry a whistle to make noise to alert others that you may be in trouble.

Automobile Safety

- Always lock your car doors.
- Park in well lit areas.
- Check the around, underneath and inside of the vehicle before getting in.
- Have keys in hand before you get to your vehicle.
- Do not stop to help a stranded motorist. Instead, call the police and notify them of the location.

Home Safety

- Lock windows and doors both when you are at home or away.
- Install a peep hole in your door or use a window to see who is at your door before opening it. Never open your door to someone you do not know. Talk through the door and indicate that you are not alone.
- Make a plan for different situations like "what if someone gets into your house during the night while you are sleeping" or "how will you get out of the house if there is a fire".

While walking outside

- Do not carry large sums of money or display cash. Avoid carrying a purse whenever possible. If you carry a purse, hold it firmly in front of you.
- If approached by a car and you perceive a threat, reverse direction and watch the car's occupants.



- Whenever possible stay away from less populated areas such as alley ways, wooded areas, pathways, etc.
- Always let a family member know where you are, where you are going, and when you are returning.

Workplace Crime

- Most workplace acts of crime involve larcenies of purses, computers, cash, etc. To prevent the opportunity for workplace violence always offer to help someone you do not recognize. Do not allow people you do not know to wander about your workplace.
- If staying late with other colleagues, park together and leave together.
- Do not circumvent existing policy or security measures for convenience.

ATM Machines

- Use ATMs that are used often. Go where other people are such as convenience stores at night time. Pay attention to those ATMs that are monitored by cameras and visible to passers by.

Jogging

- Do not use headphones or radios which take away your ability to hear what is around you. Jog with a partner. Select where you jog carefully.