

**Public  
Advisory**  
1108.4

# Safety Tips for Seniors



**This Citizen Advisory is a publication of the  
Nassau County Police Department.**

For further information, call the  
Nassau County Police Department  
Community Affairs  
at 516-573-7360

Senior citizens are often seen by criminals as easy targets.

The Nassau County Police Department wants you to minimize the opportunity for criminals to take advantage of you.

This information booklet can help you protect yourself and your property with certain guidelines when home or away from home.

**LAUREN CURRAN**  
COUNTY EXECUTIVE



**PATRICK J. RYDER**  
COMMISSIONER





## NOTIFYING THE POLICE:

*Even when you follow all the suggestions, you may still need the police.*

- Dial 9-1-1.
- Stay calm.
- Speak slowly.
- Give your name, location, phone number where you are.
- Explain the problem to the police operator.
- Stay on the phone.

*Help is only minutes away!*

### Nassau County Police Department

<b>FIRST PRECINCT</b> 900 Merrick Road, Baldwin, N.Y. 11510	<b>516-573-6100</b>
<b>SECOND PRECINCT</b> 7700 Jericho Turnpike, Woodbury, N.Y. 11797	<b>516-573-6200</b>
<b>THIRD PRECINCT</b> 214 Hillside Avenue, Williston Park, N.Y. 11596	<b>516-573-6300</b>
<b>FOURTH PRECINCT</b> 1699 Broadway, Hewlett, N.Y. 11557	<b>516-573-6400</b>
<b>COMMUNITY POLICING CENTER</b> 1655 Dutch Broadway, Elmont, N.Y. 11003	<b>516-573-6500</b>
<b>COMMUNITY POLICING CENTER</b> 100 Community Drive, Manhasset, N.Y. 11030	<b>516-573-6600</b>
<b>SEVENTH PRECINCT</b> 3636 Merrick Road, Seaford, N.Y. 11783	<b>516-573-6700</b>
<b>COMMUNITY POLICING CENTER</b> 286 Wantagh Avenue, Levittown, N.Y. 11756	<b>516-573-6800</b>

**Emergencies 911**

## AT HOME:

*Your home is a safe haven if you take precautions.*

### Answering the door:

Always lock your doors and windows.



Do not rely on a chain lock to keep people out.

Consider having a security viewer installed – they are inexpensive and important.

Put dead bolt locks on all of the exterior doors.

Never hide keys outside. Burglars know most hiding places.

Even if you are expecting someone, ask who is there before opening the door.

If the person on the other side of the door seems familiar or is wearing authoritative clothes or a uniform, ask that credentials and photo ID be held up for you to view before opening the door.

You have the right to refuse to open the door to any businessperson, serviceperson or official.

Most companies/utilities will call before sending personnel to your home. You can call to make a specific appointment.

Check out specifics by telephone while the visitor waits outside.

If you are not interested, say so without opening the door. You can ask them to leave their business card in the mailbox.

### Answering the telephone:

Do not volunteer any information to unknown people over the telephone: name, address, social security number...

Hang up quickly on suspicious or obscene callers.

Put only your first initial, last name and town in apartment and phone directories. You can ask to have your street address removed from the these listing.



## SUGGESTION:

Your mailbox may not be the safest place for your Social Security or retirement checks. Consider having a locked mailbox or door mail slot. Consider a direct deposit program to send money straight to your bank, credit union, etc.



to your

## WALKING HOME:

*Obeying basic safety rules can help save your life.*



Cross at the corner, never between parked cars, never in the middle of the block.

Stay inside the lines of a crosswalk. Never cross when a yellow or red light. Never cross against a flashing "Don't Walk" light.

## ON THE STREET:

*Street criminals are opportunists. They look for easy ways to take advantage. Avoid trouble.*

Avoid traveling alone. There is safety in numbers.

Plan your route ahead of time. Stay alert to your surroundings.

Do not wear or display jewelry.

Put money in a safe, secure place. Women should place it in a deep, secure pocket. Men should place a rubber band around the wallet and put it in a side trouser pocket.

If you must walk at night, choose busy and well-lit streets. Avoid dark places, short cuts, alleys, thick trees and deserted areas. Try to go with a companion. Always let someone know where you are going and when you are returning.

If you arrive by taxi or private car, ask the driver to wait until you are safely inside.

Always have your door key ready when walking to your door.

## SHOPPING:

*Thieves can be present anywhere at anytime.*

Carry only a small amount of money and a minimum number of credit cards.



Do not leave your purse unattended in the shopping cart or on a counter. Hold onto your purse when you are in the restroom. If you are buying something and open your purse, do not become distracted. Close it as quickly as possible.

Be courteous but do not have long conversations with strangers.

## PREVENTION AGAINST CON GAMES:

*Con artists are good at what they do! They are smooth talkers who try to separate you from your money or valuables through trickery and deceit.*

Con artists can be young, old, women, men...

Con artists work alone or in groups.

Con artists may pretend to be repairmen, building inspectors, police, lost people, sad or desperate people...

Just because someone knows a lot of information about you does not mean they know you. Do not give them any more information.

Con artists have a well-rehearsed story. They need a willing participant. Don't be one!

