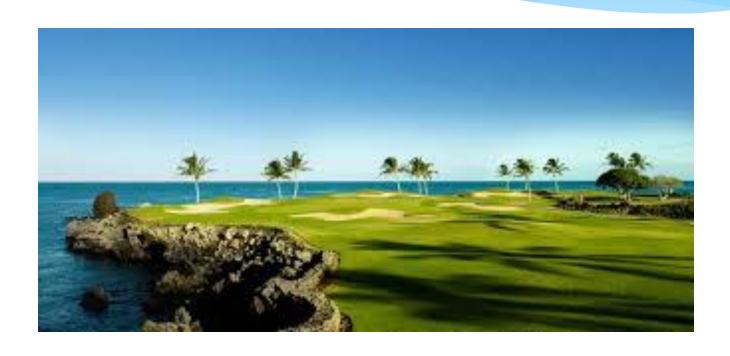
Travel Safety for Seniors



Safety tips to help keep you safe while on vacation

Vacation Safety Awareness



Home Preparation

- Hold mail and newspaper deliveries
 - You can also have a neighbor collect the mail and newspaper for you (if you forgot to have the mail held)
- Notify neighbors of vacation
 - This will help if there is any suspicious activity at your home
 - Leave contact information with neighbors



Home Preparation

- Turn off the main water supply
 - This will help prevent any water damage while you are gone
- Turn down or up the thermostat
 - This will help prevent the over use the AC or furnace
- Electronics
 - Unplug coffee makers, toasters, and electric fireplaces
 - This will help prevent an electrical fire

Vehicle Preparation

- Safety kits in the vehicle
 - Summer time, bottled water, first aid kit, paper maps, cellphone chargers and etc...
 - Winter time, blankets, candles, matches, paper maps, cellphone chargers and etc...
- Maintenance on vehicles
 - Have all fluids checked
 - Oil change for long trips
 - Check windshield wipers
 - Have tires rotated for long trips
 - Check lights and possible bring extra light bulbs



Traveling Preparation

- Map out the route to destination if by car
 - Inform family and friend the route traveled
 - Have emergency numbers written down for the areas you are traveling
- Know where possible stations or rest stops are located
 - Have an approximate location of where you would be staying the night
 - Update you family as you are traveling

Traveling Preparation

- Traveling with cash or credit
 - Notify your bank of your travel plans if leaving the state for any time, gives the states you be traveling in
 - Examples, South for the winter or traveling just a few days
 - Do not travel with all of your credit cards
 - Carrying 1 major credit card as recommend by Banks
 - Divided the cash between each other
- Health systems
 - Research the area for health systems, to find out where your health insurance is accepted

Traveling Preparation

Medications

- Have medications filled or check the area for clinics that can fill the medication
- You can speak with your doctor, inform him of the vacation with possible areas to fill medications
- Medical informing
 - Insurance card
 - List of medications in wallet/purse
 - List of medical history in wallet/purse

Airport Safety

Terminal safety

- If traveling alone, find a person traveling on same flight and befriend that person until on the plane.
- During the screening process, place any electronics last to be checked
- Do not let anyone else handle your bags.
- Do not lock your carry-on luggage, if locked, TSA will request to search the carry-on

Airport Safety

- On the plane
 - Do not drink to much alcohol
 - Dress for comfort
 - Place carry-on luggage in the overhead bin above your seat, this will prevent anyone from entering your bag during the flight
- Landing at your destination
 - Do not crowd the aisle, wait your turn to exit the plane
 - Ask for assistance if needed to get your carry-on from the over head bin

Airport Safety

- Identify your luggage at the baggage claim
 - Place ribbons, stickers or colored tape, to identify your luggage
 - The best place to secure this is the handle
- Car rental
 - Keep rental papers, maps, and other indicators of a traveling out of plain sight
 - Write down or take a picture of the license plate, and know the make and model

Safety on Vacation

Hotel or Resort

- Get more than two keys for your room, so you keep one in your wallet or purse for the trip
- Provide family or friends with the hotel and room number
- Keep your valuables and medications in the safe while out of the room



Safety on Vacation

- Plan attractions to visit
 - This will allow you to plan your day and know where you are going
 - This may help prevent from appearing to be tourist, which will help you from being a victim
- Wallets and purses
 - Keep wallets in front pocket, use a full shoulder strap on the purse
 - Example, Satchel, shoulder bag, or murse

Personal Safety

- Know your surroundings
 - Familiarize yourself with the streets around your hotel or resort
 - Be aware of what is going on around you
- Be mindful of the neighborhood
 - Time of day and night does the area appear safe or not
 - Don't put yourself in a bad situation
- Weapons
 - Mace, purse, hands, feet anything to protect yourself
 - Use your VOICE

Questions for Discussion



Thank you for attending!

If you have any further questions or comments, please contact

The Sheriff's Office.



Carver County Sheriff's Office "Leading the way ... and then some"

