

Ageless Wisdom

By Laila Pera, CSA

In these days of telephone and email solicitations, we all must be wary of scam artists. I was researching this topic for my article and came across an excellent list of tips on the RCMP website. Here it is verbatim.

Safety at Home and in the Community

No matter what a person's age or physical status, personal safety is important. Here are just a few suggestions on how you can keep yourself safe at home and in the community. It's not just good advice, it's Ageless Wisdom.

Around the House

- Keep doorways and windows visible to neighbours
- Leave lights on outside after dark
- Keep shrubs cut back
- Install good locks and always use them
- Close drapes or shades after dark
- When answering the door, do not open it, ask: "Who is there?", use your peephole or check through a window

On the Telephone

- Do not give out any personal information
- If you are contacted by a telephone solicitor and you are not interested in the product or offer, simply decline and hang up
- If you are contacted by a telemarketer that you feel is fraudulent, contact Phone Busters, a police associated program to combat telemarketing fraud
- Do not give your credit card number over the phone unless you are absolutely certain the caller is legitimate

On the Internet

- Do not give out personal information over the internet or email
- Do not open email, files, or links from people you do not know and trust
- Use caution when providing your credit card number on-line, contact your bank or credit card company for tips for online shopping safety

When Walking

- Walk in well-lit areas away from doorways and bushes
- Avoid alleys
- Carry your keys and personal identification in your pocket
- Do not wrap your purse strap around your wrist or wear it across your chest
- If you think you are being followed, cross the street and walk in the opposite direction, go to the nearest public place

Travelling by Car

- Plan your route ahead of time

- Place valuables on the floor not on the seat next to you
- Keep car doors locked at all times
- Have your keys ready before approaching your car
- Look around, then inside, your car before entering
- Park in well-lit and open areas
- Use an anti-theft device
- Do not leave purses or other valuables in your car
- If you are being followed, do not go home, go to the nearest public place

On a Scooter

- Always travel slowly on the sidewalk - if sidewalks are not available travel on the edge of the road facing oncoming traffic
- Cross the road only at crosswalks or corners
- Use reflective tape on all sides of the scooter and a reflective flag to make yourself visible

In the Event of an Emergency

- Stay calm
- Cooperate with the criminals, no amount of money is worth getting hurt over
- Look carefully for any unusual traits such as tattoos, scars, and clothes
- CALL THE POLICE when it is safe to do so

<http://bc.rcmp-grc.gc.ca/ViewPage.action?siteNodId=87&languageId=1&contentId=1142>