

# Helpful Tips

## ON THE ROAD

### **Follow traffic rules.**

Observe stop lights and stay on designated areas such as pedestrian lanes and bike lanes. The recommended direction of activity varies with walking / running and that of bicycling. It is recommended that walkers / runners should be in the opposite direction of traffic flow. Standard traffic rules apply for bicyclists.

### **Stay alert at all times.**

Focus on your activity but staying mindful of surroundings. Prevent eye contact with strangers and do not entertain them as much as possible.

### **Go out with a companion.**

Having a companion outdoors lessens the likelihood of any vulnerabilities. Should you decide to go solo, make sure that family members or guardians are fully aware of your outdoor routes.

### **Don't wear headsets or keep voice level at a minimum.**

If you wear them, there is a possibility that you won't hear an approaching car or attacker.

### **Be mindful.**

If you think you are being followed, change direction and head for open stores, and establishments. Have your cellular phones ready with important contact numbers, sufficient battery, and load so you can call for help in case of an emergency.

### **Listen to your body.**

Slow down gradually if experiencing difficulty of breathing. Pay attention to what your body tells you.