



### Travel Safety Tips

Courtesy of the Lawrenceville Citizen's Police Academy Alumni Association. For more information about the Lawrenceville Citizen's Police Academy, visit the website. <http://lawrencevillega.org/441/citizens-police-academy>

Are you going on a grand adventure, to the beach or some popular resort? Do you know the best ways to keep yourself and your family safe? Here are some easy tips that everyone can follow.

1. Add your emergency contact info and any critical medical info to your phone. It's easy on the iPhone. Just use the Health app (available with iOS 8 and above) and enter the information there. It's a bit more difficult on Android devices as there are a multitude of ways you can do it. Some have a built in contact record in the contacts app that allows you to enter this info. You can google how to add to your specific device. This emergency info is usually available on the lock screen and is invaluable to emergency personnel.
2. Turn on the 'Find My Phone' feature on your phone.
3. Consider asking your cell phone carrier about a family locator service that can be turned on for any family phones that are on your family plan.
4. Make a responsible family member (who is not with you) or a trusted friend aware of your travel dates, when you are expected to return and your itinerary. Set a check-in schedule with them. Add them as an emergency contact on your phone.
5. Many popular travel destinations are also locations that can have very severe weather. Know the type of weather that is possible in your destination and whether it is an active time of year for severe weather when you are there.
6. If you are carrying large amounts of cash, consider investing in a money belt or something similar. Don't carry all your cash in your purse or wallet. Just enough for the day. Split the money up between adults so that no single adult is carrying it all.
7. Don't leave charging cables hooked up or in sight when leaving your car in a lot. This is an open advertisement that you have electronics that may or may not be in the car.
8. If you are at places like Disney World or Water parks, etc. set a time or multiple times to check in by phone or meet at a designated spot.
9. Locate the nearest Urgent Care and Emergency room to your hotel and any major venue you may be attending. Add it to your map program on your phone or gps.
10. Locate the nearest pharmacy location in the chain you normally use. If you run out of a prescription it will help to know where you can go to pick up a refill.



### Hotel Safety

1. After you are checked in and settled, review any hotel information that is in your room for information on how they handle emergency situations (fire, weather etc.) Also look on the TV. Many hotels have special channels that have this information. If you cannot find this information in one of these two places ask at the desk.
  - a. Ask how the hotel notifies its guests in case of an emergency situation other than fire.
  - b. Ask if they have any materials that have guidance on what you should do depending on the emergency (e.g. evacuate or shelter in place)
  - c. When smoke/fire alarms sound evacuate right away. NEVER use the elevator.
  - d. Ask how emergencies are handled in any area where children are left with hotel staff. Where do they evacuate them in case of fire, how do they notify the parents, etc.
2. Locate the emergency exits on the main level and the level of any restaurants or in hotel venues such as the gym, spa, pool etc. that you plan on using.
3. From your room, find the nearest stairwell, or, if on the ground floor, exit. Make sure you know if you go right or left out of your door to get there, then count the doors and any turns. If you are in a fire and have to evacuate you may not be able to see because of the smoke and you may be crawling. Knowing how many doors it is to the exit can save your life.
4. If you are traveling with family designate a safe meeting place inside the hotel on the lowest floor and one easily accessible outside the hotel in case you get separated in the event of an emergency.