

PERSONAL SECURITY & SAFETY ADVICE

WHILST DRIVING



Try to keep to well lit and populated routes.



If you feel threatened or victimised, don't speed up, keep to the speed limit.



If you think that you are being followed, go all the way around a roundabout and see if they follow you.



If you are being followed, drive to a petrol garage and ask for assistance inside.



If someone is trying to get you to slow down or stop and you don't think anything is wrong, just keep going.



If you think that someone has deliberately crashed into you.
DO NOT exit your car unless you know it is safe to do so.



If someone approaches your car and wants to gain access.
DO NOT open your door under any circumstance.



Before exiting your car, make sure the surrounding area is safe to do so and nothing looks out of the ordinary.



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