

Crime Prevention & Safety for Seniors



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Produced in Partnership with:

Safe Community Coalition of Brockville and District
Ontario Ministry of Community Safety & Correctional Services



Ministry of Community Safety
and Correctional Services



BROCKVILLE *Police*

PHONE BUSTERS™



Crime Prevention & Safety - Safe Driving



Steer Clear of Collisions

- É Always keep your car doors locked, whether in or out of your car.
- É Keep your gas tank full and engine properly maintained.
- É If your car breaks down, pull over to the right as far as possible, raise the hood, and wait **INSIDE** the car for help.
- É Consider a **HELP POLICE** sign from Canadian Tire.
- É Keep the car in gear at all stop signs and traffic lights.
- É Travel well-lit busy streets whenever possible.

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Crime Prevention & Safety - Safe Driving



Steer Clear of Collisions

- É Don't leave your purse on the seat beside you. Keep it out of sight.
- É Lock bundles and bags in the trunk.
- É Check the front and back seat before entering your car.
- É Never pick up hitchhikers.

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Crime Prevention & Safety - Safe Driving



Medications and Driving

- É Take all medications according to instructions.
- É Ask your doctor or pharmacist about the prescribed medications while driving.
- É Ask your doctor if even a small amount of alcohol will increase the effect.
- É Make sure the combination of your medications does not impair your driving skills.

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Crime Prevention & Safety - Safe Driving



Medications and Driving

- É Never mix medications, share them or take them in combination with alcohol.
- É If the label says: "Do not use while operating heavy machinery" or "May cause drowsiness", let someone else drive.
- É Read all labels and instructions for side effects.

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Crime Prevention & Safety - Safe Driving



Medications and Driving

- É Take a driver improvement course, such as the Canada Safety Council's 55 Alive.
- É Sedatives, pain relievers, cold remedies, allergy medications and blood pressure drugs can cause drowsiness, dizziness and in some cases, blurred vision.

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