

APhA2019

Annual Meeting & Exposition
Seattle, Washington | March 22-25

SAFETY TIPS

Seattle Useful Phone Numbers

- In an **emergency call 9-1-1**. An emergency exists when there is a life-threatening police matter, a medical emergency or fire, or a person who has fallen and is unable to get up. 9-1-1 will get you police, fire and medical services.
- To **report a non-emergency**, call **206-625-5011**. This can include reporting a minor traffic accident with no injuries, when a person discovers their car has been broken into, reporting a suspicious person in a neighborhood, and other non-emergency Police and Fire Department matters. **An easy way to remember when to use 206-625-5011 is to think “urgency without emergency.”**

Hotels

- Book hotel reservations using only first, middle initial and last name, particularly women traveling alone.
- Leave an itinerary and expected return date with friends or family.
- Do not carry large amounts of cash. Use traveler's checks. Keep a record of traveler's check numbers, credit card numbers, photocopy of passport and other valuable documents separate from originals.
- Keep room numbers private. Don't sign bar or restaurant checks with your room number. Keep track of room keys. If a key is lost, ask for a different room, or ask for the locks to be changed.
- Use all locks on hotel door, particularly the double lock. Consider bringing with you a hotel portable lock. Always lock the door when leaving.
- When returning to your room, make sure that you have your room key out and ready.
- Never automatically open your door when a knock is heard. Know your visitor's identity prior to admittance. Use your peephole, if available, or talk through the locked door. If someone claims they are from maintenance, security or a hotel employee, phone the front desk to make sure the visitor is legitimate.
- Valuables should not be left in the room, you or the people who service your room may occasionally forget to lock it. Put valuables in a signed and sealed envelope and leave it in the room safe or the front desk safe deposit box.
- Be alert for suspicious persons in the hotel hallways. Report them to the manager.
- Do not advertise how long you will be away from your room. Leave a light on or a TV or radio playing to give the impression that the room is occupied.

- Locate fire exits, elevators and the nearest phone. Plan the best way to get out of the building in an emergency.
- Label all pieces of luggage with your name, address, and phone number, both inside and outside. For the outside label be sure to use a tag that closes, so the information can't be read by a passerby.
- Lock all pieces of luggage.
- Never leave your baggage unattended. If it's a problem, check it or put it in a locker.
- Hand carry medication, currency and important documents or keep them in a money belt.

Sightseeing

- When possible, travel with another person when sightseeing or shopping, particularly at night.
- Be aware of your surroundings and trust your instincts. Do not feel embarrassed to leave an uncomfortable situation.
- Walk with purpose and project an assertive and business-like image. Criminals will be discouraged if you do not appear vulnerable or easily intimidated.
- Select sightseeing companies and guides carefully. Make sure they are legitimate. Check with your hotel staff for recommendations.
- When asking for directions, first look for a police officer or another public employee (i.e., bus driver), or go into a nearby business.
- Do not carry large amounts of cash. Use traveler's checks and debit/atm cards. Keep a record of traveler's check numbers, credit card numbers, photocopy of passport and other valuable documents separate from originals.
- If you must carry a large amount of cash, separate it from your purse or wallet and carry it inside clothing (i.e., in a hidden pocket or a money belt).
- Be careful and alert when cashing traveler's checks, or using a cash machine. Never let someone see how much money you have in your wallet, or where you keep your money.
- Don't wear expensive jewelry and watches when out sightseeing. If you must wear it, wear it inside your clothing.
- Pickpockets are often attracted to crowded places. They often work in teams of two or three; one may create a distraction while the other one lifts your wallet. Be aware of someone who bumps, shoves or gets too close.
- Don't tempt a thief by leaving your purse or wallet unattended. It only takes a second to grab it.
- Learn to carry your purse or wallet safely. Purses should be closed, held in front of your body, with your arm across it. Wallets should be carried in a front pants pocket or in an interior jacket pocket.
- Aggressive panhandling is illegal in Seattle. If someone obstructs or intimidates you, and aggressively begs for money, you do not have to give them money, and you can report this offense to the police department. Please do not encourage or reward panhandling.