

DOS AND DON'TS FOR SENIOR CITIZEN

- Use of modern security gadgets is always advantageous. Door alarm, electronic eye bell etc. are readily available in the market. Consult some professional in this regard for installation.
- Install a peephole and safety chain in the front door and always check the identity of stranger(s) before you let them inside.
- Install metal grills at your front and back doors for added protection.
- Never leave spare keys in open or in the conventional hiding places.
- Close your doors even when you are going out just for 'a minute'. It takes only a few seconds for an outsider/thief to enter your house and steal valuables.
- It is advisable to change the locks of the main door after a few years. This will prevent an outsider from using duplicate keys, if made without your knowledge.
- An electronic alarm system attached to the office of your Housing Society or to the watchman's cabin or the building is advisable for sending alarm signals, in case of exigency.
- Inform your society in advance about unacquainted visitors, so that their identity can be checked at the entrance gate of the society/building.
- When you admit a workman or a salesman into your house, do not leave him alone or unattended at any point of time.
- Do not keep a lot of cash/jewellery/valuables at home. It is always advisable to deposit your valuables in safe deposit vault of any bank.
- Employ a domestic help only after recording and verifying his/her real name, native address, character and antecedents, cell number etc. with the help of the nearest Police Station.

- Do not allow any relative or friend of your domestic help to visit your house. If he/she has any frequent visitor, get his/her antecedents checked from the local police and try to keep the telephone number of such persons.
- Never discuss any financial matters in front of your domestic help.
- Inform your neighbour about you staying alone. The Housing Society also needs to know about this.
- Keep telephone number of your nearest Police Station, hospital, Fire Station etc. handy and also store them in your cell phone.
- Install a handy fire fighting system at a conspicuous place and also a first aid kit box for use in case of exigency.
- Do not ignore any suspicious incident. Inform the police immediately.
- Dial 100 in case of any emergency.

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