



DuPage County Sheriff's Office

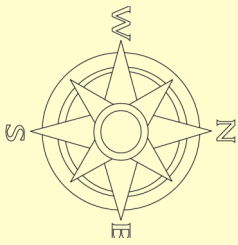
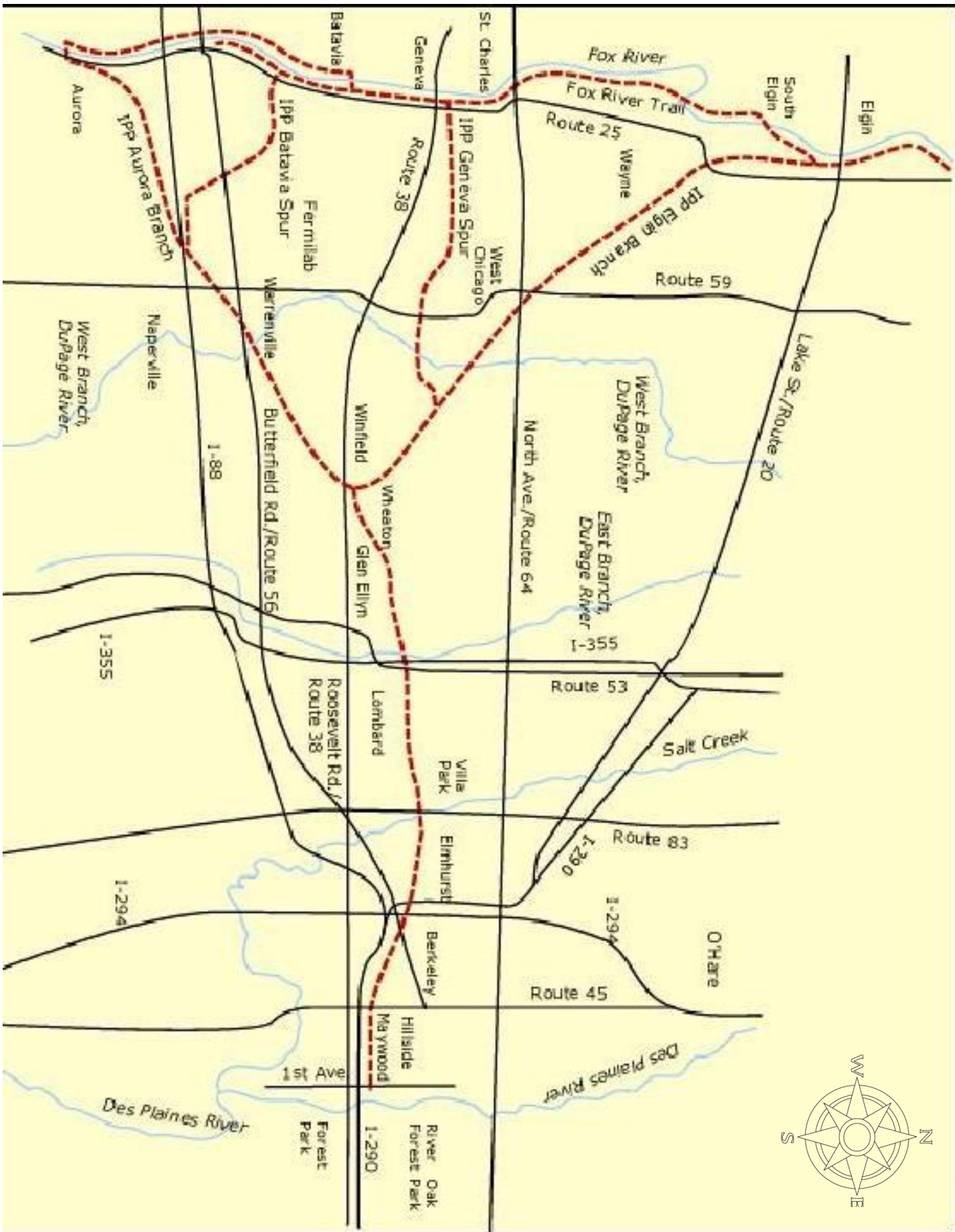
John E. Zaruba, Sheriff

Personal Safety Tips

Now that spring is here it's time for all of us to get out and enjoy the many miles of nature trails we have in DuPage County. While you're enjoying the great outdoors please don't forget these simple tips to keep both you, and those around you safe:

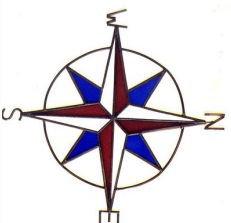
- ➔ Try not to walk, ride your bike, or jog alone — there is safety in numbers
- ➔ If you own a cell phone, be sure the batteries are charged and carry it with you
- ➔ Always be aware of your surroundings
- ➔ Know where you are on the path in case you need assistance
- ➔ If you wear headphones, keep the volume low enough so you can hear what is going on around you
- ➔ Make sure someone knows where you are going and when you are expected back
- ➔ **CALL 911 IF YOU SEE SOMETHING SUSPICIOUS OR FEEL THREATENED**







THE ILLINOIS PRAIRIE PATH

SCALE 0 1/2 mile 2 miles 3 miles 4 miles



- LEGEND:**
-  ILLINOIS PRAIRIE PATH
 -  OTHER BIKE PATHS

