

## If you realize someone is following you

**Proceed** to the nearest police station.

**Stop** a municipal police officer or any law enforcement agents

**Go into** a bar or another crowded place.

**Ask** a passer-by **for help**.

**If you notice** something unusual, hold your bag tightly to you.

**Do not carry** much money; if you have no choice, ask someone to come with you.

**A dog**, beside keeping you company, can be a good deterrent against crooks.

**Calling the emergency numbers 112 or 113**, also from a mobile phone, is free.

23/03/2011