



Force Protection and Personal Safety Measures

All personnel should remain vigilant regarding individual security precautions. Adherence to the individual security measures provided below will deter and reduce the likelihood of becoming a victim of terrorism or other criminal act.

- **Know the emergency numbers** for your local police, ambulance, and hospitals. Keep these readily available in your wallet or purse.
- **Know how to use the local phone system.** Carry telephone change, purchase a telephone card or keep your cell phone with you and turned on. Telephone booths may not be located in populated areas, and may either accept only phone cards or change.
- **Wear inconspicuous clothing.** Do not wear your military uniforms outside of military installations. Don't wear Service Logos (U.S. Army, Marines, etc) on items such as hats, shirts, etc.
- **Avoid crowded areas**, especially in large cities during scheduled demonstrations.
- **Always use the buddy system** when traveling --or inform a buddy, family or friends of your planned destination.
- **Park and secure your vehicles** in well-lit areas. Use the Frau Parking (Germany) if female, which will provide a well, lit area close to the front door of business. Always check in and around car for evidence of tampering or intrusion.
- **Don't be a loud American.** Be aware of who's listening to your conversations. Never reveal too much information about yourself to strangers or new friends.
- **Learn and practice a few key phrases** in your host country language, such as "I need a policeman", or "help".
- **Shred or destroy personal papers** with sensitive information such as social security numbers or bank account numbers.
- **Never open suspicious packages** with stains, strange smells, protruding wires, incorrect spelling, or with no return or unknown address.
- **Report suspicious vehicles and personnel.** Take note of license plates, descriptions of persons and vehicles for local authorities.

Living in foreign countries can be a rich and rewarding experience for all DoD personnel and their family members. Awareness and a good individual protection posture are the keys to ensuring your time is safe.