

## Keep Safe

*Reprinted from FLORIDA EAST COAST POST-POLIO SUPPORT GROUP - Vol. 14, #4*

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around...after a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough, the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should be shared with everyone. Maybe it could save a life or a sexual abuse crime.

P.S. I am sending this to everyone I know because I think it is fantastic. It would also be useful for any emergency, such as a heart attack, where you can't reach a phone. My Mom has suggested to my Dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

**FECPPSG Editor's Note:-** Really not a bad idea – if necessary, you can always order an extra remote for the car --- it's a lot less expensive than a home security system and can truly save your life. If you live alone, it might be a good idea to alert your closest neighbors that if they do hear an alarm go off at night, or any other time, to check it out as you may need some help.