

A person stands in a field of tall grass, their back to the camera with arms raised in a gesture of triumph or hope. The sun is low on the horizon, creating a silhouette effect and casting a warm glow across the scene. The sky is filled with dramatic, layered clouds.

A NEW BEGINNING STARTS HERE

PREPARING FOR
YOUR SURGERY



THE CENTER FOR GENDER
CONFIRMATION SURGERY
AT WEISS MEMORIAL HOSPITAL



THE CENTER FOR **GENDER CONFIRMATION SURGERY**

Thank you for choosing The Center for Gender Confirmation Surgery at Weiss Memorial Hospital. We are honored to be your destination for your surgical needs. Our experienced, dedicated and caring team of providers will go above and beyond to care for you through your surgical and recovery time at Weiss.

We are proud to be led by our Medical Director **Dr. Loren S. Schechter**, who is a world-renowned plastic surgeon, specializing in gender confirmation surgery. As a member of the board of The World Professional Association for Transgender Health (WPATH.org) and a co-author of *The Standards of Care* (WPATH, v7), he has helped to advance surgical care for transgender and gender diverse individuals.

In addition to Dr. Schechter, the Center has added two additional plastic surgeons who specialize in craniofacial and facial aesthetic surgery, an ENT physician who specializes in vocal cord surgery, a reconstructive urologist and a uro-gynecologist to meet the needs of our patients. Our entire multidisciplinary team is committed to providing you with the highest quality of clinical care in a warm and welcoming environment where every patient is treated with compassion and respect.

This information will help you prepare for surgery and your stay in Chicago.

If I can be of assistance to you in any way, please feel free to contact me at (773) 564-7238.

Regards,

Nancy Ritz, Program Coordinator

The Center for Gender Confirmation Surgery

weissgendersurgery.com

gendersurgery@weisshospital.com



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PLANNING FOR YOUR SURGERY – WHAT TO CONSIDER

As soon as your surgery is scheduled, we will be available to help you with planning. These are a few things to consider:

Make arrangements for time off from work and other responsibilities to facilitate your recovery. *As a general rule, please plan to take 6 weeks off from work after any major surgery.* Depending on your work duties, there may be options to work from home or return to work earlier than 6 weeks. This can be discussed closer to the time of surgery. Dr. Schechter’s office will be able to complete any paperwork that you need in order to return to work. Below are general time-lines specifically related to each surgery. Please note that recovery times may vary from person to person and may deviate from the outlined plan below — please try to be as flexible as possible.

All Chest Surgery

- **Hospital stay:** If you are accompanied by an adult and reside locally, you may go home the same day of surgery. If you are traveling, we recommend an overnight stay at the hospital, then discharge to local housing the day after surgery.
- **Follow up in the office:** Plan to see Dr. Schechter 5 to 6 days after surgery to have any drains removed.
- **If you are traveling from out of town:** Please plan to stay in the Chicago area for 5 to 7 days after discharge.

Facial Surgery

- **Hospital Stay:** Plan to stay in the hospital overnight. Depending on your recovery, you may need to stay in the hospital for up to 3 nights.
- **Follow up in the office:** Plan to see your surgeon in the office approximately 5 to 7 days following surgery.
- **If you are traveling from out of town:** Please plan to stay in the Chicago area for approximately 5 to 7 days depending on your procedure.



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PLANNING FOR YOUR SURGERY – WHAT TO CONSIDER (CONTINUED)

Vaginoplasty

- **Hospital stay:** Plan to stay overnight in the hospital a minimum of 7 days.
- **Follow up in the office:** Plan your follow up appointment approximately 3 to 5 days following your discharge from the hospital.
- **If you are traveling from out of town:** Please plan to stay in the Chicago area for an additional 7 days after your discharge from the hospital.

Phalloplasty

- **First hospital stay:** Plan to be in the hospital approximately 10 to 14 days.
- Plan to be discharged from the hospital to a skilled nursing facility for approximately 7 to 10 days.
- **Second hospital stay:** Plan to stay in the hospital approximately 4 to 5 days.
- **Follow up:** You may require an additional stay at the skilled care facility or you may go home with home-healthcare.
- **If you are traveling from out of town:** Please plan to stay in the Chicago area for at least 1 month total.

Metoidioplasty

- **Initial hospital stay:** Plan to be in the hospital approximately 3 to 4 days.
- **Follow up:** You will be with Dr. Kocjancic (Urology) approximately 2 to 3 weeks after the initial procedure for a cystogram. This is typically performed at Weiss hospital.
- **If you are traveling from out of town:** Please plan to stay in the Chicago area for a minimum of 1 week following surgery, then plan to return to Chicago for the follow up appointment approximately 3 weeks later. Alternately, you may plan to stay the entire 3 weeks in Chicago after discharge.





PLANNING FOR YOUR SURGERY – WHAT TO CONSIDER (CONTINUED)

Arrange for a loved one to accompany you. We recommend that you ask your partner, family member, or friend to accompany you during your hospital stay and after discharge. While you are in the hospital, an extra bed will be provided for your guest to accompany you throughout your hospital course. You must have someone accompany you once you are discharged from the hospital. If you are alone when you are discharged, we will make arrangements for you to stay at a local extended care facility.

If you are traveling from out of town, please be sure to plan your trip to Chicago including accommodations before and after surgery. In the unlikely event that your surgery needs to be rescheduled, we recommend that you book refundable tickets and hotel reservations. We work with several local hotels that offer discounts for our patients and family members. We are happy to make reservations for you, or to do additional research on hotel options that will meet your needs or budget. If your surgery requires a bowel prep, please plan to arrive in Chicago 48 hours prior to surgery. If you do not need to bowel prep for your surgery, please arrive 24 hours prior to your scheduled surgery.

Plan your transportation logistics. It's important to remember that you will not be able to drive yourself home after surgery. If you come to Chicago for your surgery by car, your loved one will need to be prepared to do all of the driving on the trip home. If you are traveling by plane, train or bus, Dr. Schechter will let you know when you are cleared to travel. Again, we recommend that you book refundable tickets, as recovery times vary from person to person. Keep in mind that parking in Chicago can be expensive. We are happy to provide a special \$35 monthly parking rate for the Weiss Memorial Hospital garage while you are in town. Nancy Ritz, Program Coordinator can help you make arrangements to take advantage of this special rate. If you are interested please contact her at (773) 564-7238.



PRE-SURGICAL REQUIREMENTS

1. Hormones (estrogen, progesterone, or testosterone) should be discontinued two weeks prior to surgery. If you are taking spironolactone, this may be continued. Specific information regarding when to resume hormones will be reviewed by Dr. Schechter during your stay in the hospital.
2. Your Primary care provider will need to provide a pre-operative medical evaluation **(no later than 6 to 8 weeks prior to surgery date)** to include:
 - CBC
 - BMP
 - Type and Screen/Antibody Screen - (GENITAL SURGERY ONLY)
 - Urinalysis and urine culture - (GENITAL SURGERY ONLY)
 - History and Physical examination performed by your Primary care provider

Please note: All H&P and labs must be dated within 45 to 60 days of surgery.

Please email or fax all results including the History and Physical to Elizabeth Bosak, Physician Practice Coordinator, at ebosak@weisshospital.com or fax to (847) 967-5125.

3. Plan to arrive in the Chicago area 48 hours prior to surgery for phalloplasty, metoidioplasty or vaginoplasty. Individuals undergoing chest surgery, breast augmentation, facial feminization or placement of testicular and/or penile implants may arrive in the Chicago area 24 hours prior to surgery.
4. Make sure to begin your bowel prep the day prior to surgery (phalloplasty, metoidioplasty, vaginoplasty).



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PRE-SURGICAL CHECKLIST

- Obtain pre-surgical evaluation by primary care provider including:
 - CBC - (dated within 45 to 60 days of surgery)
 - BMP - (dated within 45 to 60 days of surgery)
 - Type and Screen/Antibody Screen - GENITAL SURGERY (dated within 45 to 60 days of surgery)
 - Urinalysis and Urine Culture - GENITAL SURGERY (dated within 45 to 60 days of surgery)
 - History and Physical performed by your primary care provider - (dated within 45 to 60 days of surgery)

Send pre-surgical evaluations to ebosak@weisshospital.com or fax to (847) 967-5125 no later than 6 to 8 weeks before surgery

- Expect a call from Nancy Ritz (Program Coordinator) and Steve Rosenberg (Social Worker) 4 to 6 weeks prior to your surgery. They will provide hospital details for the day of surgery and discuss recovery plans. If you are traveling from out of town, Nancy will be able to assist you with making accommodations.
 - **We will provide a second bed for one companion to spend the night in your room during your stay in the hospital with exception of the ICU.**
- Pack:
 - Robe and slippers
 - Dark, loose fitting clothing to wear after discharge (no tight elastic straps around waist or thighs)
 - Medications and medication list
 - Toiletries
 - Tablet, laptop, other electronic devices (your room will have Wi-Fi)
- Purchase bowel prep supplies (Only for Phalloplasty, Metoidioplasty, and Vaginoplasty)
 - Magnesium Citrate (10 oz.)
 - Miralax (238 grams)
 - 1 can of 7UP (or Diet 7UP)
 - Gatorade (Propel fitness water if diabetic)



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BOWEL PREP INSTRUCTIONS

(ONLY FOR VAGINOPLASTY, PHALLOPLASTY AND METOIDIOPLASTY)

All bowel prep ingredients can be found over the counter (no prescription needed)

- Magnesium Citrate (10 oz.)
 - Miralax (238 grams)
 - Can of 7UP or Diet 7UP
 - Gatorade (Propel fitness water if diabetic)
1. The day prior to your surgery, you must eat a clear liquid diet. Avoid all red dye colored products while on the clear liquid diet. Clear liquids include apple juice, soda, Jell-O, chicken broth and tea.
 2. At 11 a.m. drink a full bottle of Magnesium Citrate mixed equally with 7UP or Diet 7UP. Drink this within 15 minutes. For lunch continue a clear liquid diet.
 3. At 3 p.m. mix Miralax (238 grams) with Gatorade or Propel (64 oz.) and drink completely within 2 hours.
 4. For dinner continue a clear liquid diet.
 5. Nothing to eat or drink after midnight.



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CONTACT INFORMATION

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Hospital

Weiss Memorial Hospital

4646 North Marine Drive
Chicago, IL 60640
Main Number (773) 878-8700

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Nancy Ritz

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TRAVEL TO CHICAGO

Traveling by Plane

O'Hare International Airport, located 17 miles from downtown, is one of the largest airports in the world, servicing over 67 million passengers to and from over 200 destinations.

Midway International Airport, located 10 miles from downtown, is the nation's premier point-to-point airport, offering travel to over 60 destinations.

Visit flychicago.com for details on amenities, flight status, terminal maps and more.

Taxi Service

Taxi fare from either airport to downtown will be approximately \$50 to \$60.

Public Transportation

The 24-hour CTA Blue Line train connects directly to O'Hare International Airport and the Orange Line connects directly to Midway International Airport. See transitchicago.com/airports for public transportation details to and from the airports. A transfer to the CTA Red Line train from the Blue Line and Orange Line trains is necessary. Train fare is \$2.50 per trip.

GO Airport Express provides shared ride service to all downtown/suburban hotels and many businesses. Schedule a reservation at airportexpress.com.

Both airports offer car rentals from all major rental companies.

Traveling by Train

Amtrak serves Chicago with about 50 trains arriving and departing daily. Visit amtrak.com for information about train travel options.



LOCAL TRANSPORTATION OPTIONS

Public Transportation

The Wilson and Lawrence train stations on the Chicago Transit Authority (CTA) Red Line are only four blocks from Weiss Memorial Hospital. Train fare is \$2.50 per trip. The hospital can also be reached by the 146 bus. Bus fare is \$2.50 per trip. Reaching Dr. Schechter's office via public transportation involves multiple transfers between Chicago and suburban buses and trains. Use the Chicago Transit Authority link below to plan your trip.

transitchicago.com/riding_cta/how_to_guides/findingyourway.aspx

Taxi Services

- **Flash Cab (City Cab Service)**

Call (773) 561-4444 or webhail using flash.ridewithzoom.com/#/booking

Taxi trips from Chicago locations to the suburbs are charged straight meter to the city limits plus one-half the straight metered fare from the city limits to the suburban destination. Ask your driver to alert you when you reach the city limits.

- **Park Ridge Taxi Cab (Morton Grove/Suburban Cab Service)**

Call (847) 979-5790 and ask for a rate when you call.

- **Palomino Transportation**

Call Phil, the owner/driver at (847) 361-0152. He can provide transportation from the city to the suburbs or vice versa, but can't do point-to-point trips within the city limits. He has worked with many of Dr. Schechter's patients.

Uber and **Lyft** are also popular options for local transportation.



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WEISS MEMORIAL HOSPITAL PARKING INFORMATION



Weiss Memorial Hospital’s main parking facility is a five-story covered building conveniently located across from the hospital at 4650 N. Clarendon Avenue.

There are reserved areas for the handicapped and medical staff; however, most of the facility is available to visitors, employees and monthly parkers. Public parking rates for the parking garage are as follows: \$6 for the first hour; \$10 for 1 to 2 hours; \$11 for 2 to 3 hours; \$13 for 3 to 6 hours; and \$15 for 6 to 24 hours. If you are visiting a patient at Weiss, ask for a \$2 off parking voucher at the hospital front desk.

In addition, valet service is available between 5:30 a.m. and 5 p.m., located at the front of the hospital, 4646 N. Marine Drive. Patient valet rates are \$10 while individuals displaying a handicap license plate or handicap parking tag can park for \$2.

The parking facility is open 24 hours, seven days a week.

We are happy to offer our patients and family members a special monthly parking rate of \$35 a month in the garage with unlimited in and out privileges. Nancy Ritz, Program Coordinator, will help you make arrangements for this rate.

Weiss Memorial Hospital
4646 N. Marine Drive
Chicago, IL 60640
weisshospital.com

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LOCAL HOTEL INFORMATION – CHICAGO

Best Western Plus Hawthorne Terrace Hotel (★★★★)

3434 North Broadway
Chicago, IL 60657
(773) 244-3434
hawthorneterrace.com

This historic hotel is within 10 minutes' walk of Wrigley Field and the Red Line train to downtown Chicago. It features a glass-enclosed hot tub and contemporary rooms with free Wi-Fi.

A 42 inch flat-screen TV and laptop safe are included in each guest room at Best Western Hawthorne Terrace. A microwave, coffee maker and refrigerator stocked with free bottled water are provided.

A selection of cardio machines is available at the Hawthorne Terrace's on-site gym. The front desk offers concierge services 24 hours a day and a continental breakfast is served in the mornings. There is a lush and relaxing interior courtyard as well.

Shopping at the Magnificent Mile is just a 20 minutes' bus ride from the Best Western Plus Hawthorne Terrace Hotel. The Lincoln Park Zoo is 2 miles from the hotel.

Call (773) 244-3434 to make a reservation, and ask for the Weiss patient discount.

You can also call Nancy Ritz, Program Coordinator, at (773) 564-7238 and she'll check current rates for you.

The hotel is 2.6 miles from Weiss Memorial Hospital and 14.7 miles from Dr. Schechter's office.



LOCAL HOTEL INFORMATION – CHICAGO (CONTINUED)

Hotel Versey (A Wyndham Hotel)

644 West Diversey Parkway
Chicago, IL 60614
(773) 525-7010
hotelversey.com

Located at the intersection of Diversey, Clark and Broadway, Hotel Versey welcomes you to the heart of Chicago's vibrant Lincoln Park/Lakeview neighborhood, within easy walking distance of Wrigley Field and the Lincoln Park Zoo.

Each room has complimentary Wi-Fi, a laptop safe, a Nespresso machine and a 50" TV with premium channels. Guests receive complimentary coupons for a hot breakfast at a nearby restaurant and have access to the LA Fitness next door.

To make a reservation, use this special Weiss Memorial Hospital link.

wyndhamhotels.com/hotels/06906?corporate_id=1000029080

The hotel is 2.8 miles from Weiss Memorial Hospital and 12.9 miles from Dr. Schechter's office.



LOCAL HOTEL INFORMATION – CHICAGO

(CONTINUED)

Magnolia Studios

5705 North Magnolia Avenue
Chicago IL 60660
(773) 319-2331
5705magnolia.com

Two identical studios are housed within a delightful brick coach house that has been completely renovated. The studios are completely private, with fully equipped kitchens, independent air conditioning/heating, and look out onto a garden, with French doors that open to fresh air. Amenities include free high-speed Internet, fully equipped kitchens, complimentary Keurig coffee and tea pods and bottled water, street parking (garage parking is available for a fee) and free use of washer/dryer.

Rates vary by season, but Magnolia Studios is willing to work with Weiss patients during its winter season (from November through April) and when they have availability during its summer season. To take advantage of being a Weiss patient, don't book online but call Kate at (773) 319-2331 and see if she can accommodate your needs and budget.

You can also call Nancy Ritz, Program Coordinator, at (773) 564-7238 and she'll check with Kate for you.

The hotel is 1.9 miles from Weiss Memorial Hospital and 9.7 miles from Dr. Schechter's office.



LOCAL HOTEL INFORMATION – SUBURBAN

Red Roof Inn Morton Grove

9424 Waukegan Road
Morton Grove, IL 60053
(847) 965-6400

[redroofinn](http://redroofinn.com)

Red Roof Inn Morton Grove is within walking distance of Dr. Schechter's office and offers complimentary breakfast along with conveniences like a 24-hour fitness center and complimentary in-room Wi-Fi. Front-desk staff are standing by 24/7 to assist with any requests. Additional amenities include coffee/tea and a microwave in a common area and a computer station. Rooms have a 37" LCD TV with cable channels and coffee makers.

Parking is complimentary.

Red Roof Inn Morton Grove offers a special rate for Dr. Schechter's patients. Call Nancy Ritz, Program Coordinator, at (773) 564-7238 and she will check current rates for you.

The hotel is 11.5 miles from Weiss Memorial Hospital and 0.6 miles from Dr. Schechter's office.

Other Suburban Options

There are numerous hotels in the vicinity of Dr. Schechter's office. Nancy Ritz, Program Coordinator, will be happy to provide you with options that meet your needs. Give her a call at (773) 564-7238 and let her know what you're looking for (price range, complimentary parking, suites with extra bedrooms, kitchenettes, etc.). She'll check on availability and rates and get back to you with suggestions.



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SKILLED NURSING CARE

Most patients will be discharged to a local hotel or home after their initial stay in the hospital; however for patients undergoing phalloplasty or patients that are alone upon discharge may need a skilled nursing facility. Our social workers will be available to assist in making these arrangements. Dr. Schechter is on staff at Fairmont Care located between Dr. Schechter's office and the hospital. Their staff is very friendly and have been trained on the proper management of our patients.

Fairmont Care

Safet Keljalic, Administrator
(773) 604-8112
5061 North Pulaski Road
Chicago, IL 60630
fairmontcare.com

- Room and board (3 meals and snacks, special dietary needs accommodated)
- 24-hour skilled nursing care, including pain control, incisional care, wound vacuum
- Assistance with activities of daily living (bathing, dressing, walking, toileting)
- Upscale facility with 20 private suites, includes full private bath with shower and bench, mini refrigerator, sitting area (can accommodate a guest on pull out sofa), desk, phone, Wi-Fi, thermostat (heat and A/C), room service, three meals, snacks and anytime a la cart menu
- Will arrange for transportation to and from appointments for an additional fee
- Staff receives clinical and sensitivity training from The Center for Gender Confirmation Surgery, and have cared for many of Dr. Schechter's patients
- The Joint Commission certified

The facility is 4.6 miles from Weiss Memorial Hospital and 8.2 miles from Dr. Schechter's office.



LOCAL FOOD & MEAL DELIVERY SERVICES

Grub Hub

Online restaurant delivery service. Delivers from a variety of local restaurants.
grubhub.com/delivery/il-chicago

Caviar

Online restaurant delivery service focusing on highly-rated restaurants and quality food.
trycaviar.com

DoorDash

Online restaurant delivery service. Delivers from a variety of local restaurants.
doordash.com

Postmates

Online food, drink, grocery delivery service.
postmates.com/delivery/chicago

Go Puff Chicago

Online grocery and essential delivery service from 12 noon to midnight.
gopuff.com

Meez Meals

Online meal delivery service. Delivers prepped meals ready to cook.
Includes options for meatless, vegan, low calorie/low fat, gluten-free meals.
Uptown, Chicago, IL 60640
(773) 916-6339
meezmeals.com



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LOCAL SPECIALTY DIET RESTAURANTS

Gluten-Free

Wheat's End Café (2.4 miles from Weiss)
2873 North Broadway, Chicago IL 60657
(773) 770-3527
Delivery available by [grubhub.com/delivery/il-chicago](https://www.grubhub.com/delivery/il-chicago)

The Little Beet Table (5.3 miles from Weiss)
845 North State Street, Chicago, IL 60610
(312) 549-8600
Delivery available by [grubhub.com/delivery/il-chicago](https://www.grubhub.com/delivery/il-chicago) and [trycaviar.com](https://www.trycaviar.com)

Halal

I-Café Sukur's Place (2.2 miles from Weiss)
1814 Irving Park Road, Chicago, IL 60613
(773) 755-4022
All meat and chicken Zabiha certified
Delivery available by [grubhub.com/delivery/il-chicago](https://www.grubhub.com/delivery/il-chicago)

The Halal Guys Chicago - Division (4.9 miles from Weiss)
49 West Division Street, Chicago, IL 60610
(312) 877-5575
All meat certified halal
Delivery available by [grubhub.com/delivery/il-chicago](https://www.grubhub.com/delivery/il-chicago)

Kosher

Milt's BBQ for the Perplexed (1.8 miles from Weiss)
3411 North Broadway, Chicago, IL 60657
(773) 661-6384
Certified by Chicago Rabbinical Council
Delivery available by [postmates.com/delivery/chicago](https://www.postmates.com/delivery/chicago)

Main Pizza Chalavi (5.7 miles from Weiss)
2931 West Touhy, Chicago, IL 60645
(773) 338-9640
Certified by Chicago Rabbinical Council
Pick-up available. Weiss is out of its delivery zone.



LOCAL SPECIALTY DIET RESTAURANTS

(CONTINUED)

Vegetarian

The Chicago Diner (1.8 miles from Weiss)
3411 North Halsted Street, Chicago, IL 60657
(773) 935-6696
Also features vegan and gluten-free menus
Delivery available by trycaviar.com

Vegetarian Express (1.8 miles from Weiss)
4747 North Damen Avenue, Chicago, IL 60625
(773) 989-1030
Delivery available qmenu.us/#/vegetarian-express-chicago

Vegan

Loving Heart Vegan Chicago (0.4 mile from Weiss)
838 West Montrose Avenue, Chicago, IL 60613
(773) 561-5399
Delivery available by trycaviar.com

Kal'ish Plant Based Diner (1 mile from Weiss)
1313 West Wilson, Chicago, IL 60640
(773) 293-7768
Delivery available by trycaviar.com



LOCAL PHARMACIES

Walgreens

walgreens.com

4720 North Marine Drive (at Weiss) Chicago, IL 60640

(773) 769-1315

This location may be able to deliver your medications to your hospital room.

Ask your patient care staff about this service.

3646 North Broadway Street (near Weiss) Chicago, IL 60613

(773) 549-3808

CVS

cvs.com

4466 North Broadway Street (near Weiss, in a Target store) Chicago, IL 60640

(773) 596-2377

5205 North Broadway Street (near Weiss) Chicago, IL 60640

(773) 275-5641



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LOCAL RESOURCES

Howard Brown Health

howardbrown.org

Howard Brown Health was founded in 1974 and is now one of the nation's largest lesbian, gay, bisexual, transgender and queer (LGBTQ) organizations. Howard Brown serves men, women, trans and gender non-conforming folks, infants, youth and children through a multi-site operation based in Chicago that includes a main health and research center in the Uptown neighborhood and other clinics in Chicago. Howard Brown Health's Center for Education, Research and Advocacy (ERA) conducts rigorous community-based medical and behavioral research, cultivates responsive healthcare professionals and advances policies that affirm the lives of LGBTQ people and their families. Howard Brown is a community partner of The Center for Gender Confirmation Surgery.

Center on Halsted

centeronhalsted.org

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. More than 1,000 community members visit the Center every day, located in the heart of Chicago's Lakeview Neighborhood. **We are open to the public every day from 8:00 a.m. to 9:00 p.m.**

Queery Chicago

queery.org

Formerly the Chicago LGBT Services Directory, this newly designed and branded site is the most comprehensive and searchable online directory of LGBTQ Services for Chicagoland.



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TRAVELER SAFETY TIPS

Chicago's tourist areas and most neighborhoods are generally quite safe.

General Precautions

- Stay alert and tuned-in to your surroundings.
- Walk in well-lighted areas; stay away from alleys.
- Do not listen to headphones or talk on the phone while out alone, this minimizes your ability to hear an approaching threat and advertises to a would-be thief that you may have a desirable item to attempt to steal.
- Be wary of unsolicited strangers. If someone approaches you on the street, keep moving and try to avoid additional contact. Also beware of someone jostling you and of loud arguments; these could be ploys to distract your attention while another person grabs your wallet.
- Keep your wallet in a front coat or pants pocket.
- Close your bag or purse securely and keep it close to you.

Public Transportation Safety

Keep your phone and other portable electronic devices out of sight on train platforms. Look alert and purposeful; know your route ahead of time; have your fare ready before boarding; and keep an eye on your purse or packages during the ride. Avoid taking public transit late at night.



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