

Living Safely

with disabilities and special health needs

Being Lost



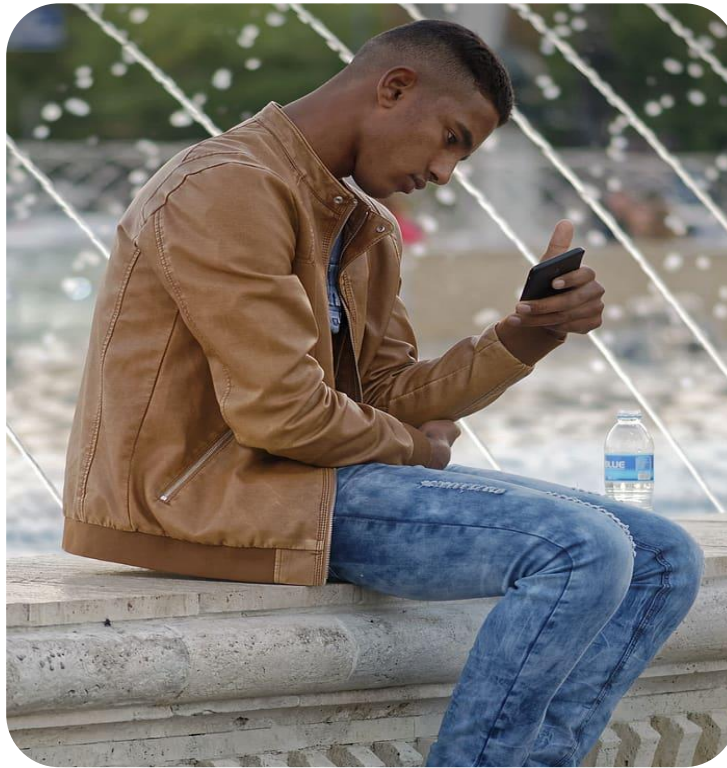
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If I don't know where I am and I look around and don't see anyone that I know, I am lost.

It may be scary to be in a place I don't know without a friend or family member with me. It's OK. They will find me.



I need to stay where I am. I should not run away.

Someone may be looking for me.

If I am near oncoming vehicles, I need to move away from cars and the road but stay where someone can see me.



If I am lost and follow these suggestions, I can find a way to be safe, and to connect with trusted people who can help me.



If I have a cell phone, I should call a relative, a friend, or 911.

I need to tell the person on the phone that I am lost. I can let the person know where I am by communicating things that may be around me.

If I am able to identify street signs or stores, these can help to identify where I am.

I should also tell them my name and where I live so they can contact someone who is worried about me.



If I don't have a cell phone, I try to find a person around me who can help. Most people want to help.

Police officers, teachers, and people that work in a store or restaurant nearby can help me.



I can let them know that I am lost.

I can share the phone number of someone in my family, a friend, or a support person who can help me.

I can tell them my name and if I know a phone number, tell them. They will call someone to get me.



If I have an identification card, I should show that as well.



If I am feeling scared or in danger and cannot find someone around, I can scream loudly, “I need help. Please find someone to help me.”

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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