

Personal Safety Information

The Committee on Anti-Asian Bias and Racism (CAABR) is committed to helping ensure the safety of our Asian and Asian American colleagues given the current environment of increased race-based attacks in New York City. Partnering with Mount Sinai Health System Security and the non-profit group Soar Over Hate, we are providing **personal alarms** and **whistles** (depending on preference) for any employee who would feel safer with such a device. These personal safety devices can be used to alert others that you (or someone near you) may be in danger, disorient an attacker, and possibly stop an attack from happening.

Personal Alarm Instructions

This personal alarm is a small hand-held electronic device that has a loud siren-like alarm. To use it, please remove the plastic battery protection slip from the back of the alarm and activate by pulling the pin. Replacing the pin will deactivate it. We suggest you test it periodically to ensure battery performance. Please read the slip on the back of the device's packaging to learn more.

Whistle Instructions

Carry your whistle in your hand to have it easily accessible should you become alarmed. Blow into the whistle hard to produce a sharp, loud sound. A common way to signal distress is to blow three loud blasts, lasting about three seconds each.

Commuting Safety Tips

When walking about, be mindful to:

- Avoid walking under scaffolding
- Stay close to others
- Walk on the busy or more crowded side of the street
- Spend minimal time on subway platforms and instead wait for the train close to an attendant booth
- Watch the train arrival digital display board and head down to the platform as the train pulls into the station

Additional MSHS safety initiatives:

- Employees are encouraged to enroll in the Walking Buddy program via Sinai Central
- To submit a confidential and anonymous report about any legal, ethical, quality, behavioral, or practical issue, or any activity you think may be a problem, call the Mount Sinai Compliance Helpline at 1-800-853-9212

Free local self-defense classes:

- Cornerstone Thai Boxing cornerstonethaiboxing.com
- Dragon Combat Club linktr.ee/Hen_Zee
- Sisters in Self Defense Instagram [@sisters.in.self.defense](https://www.instagram.com/sisters.in.self.defense)

External reporting of an anti-Asian hate crime:

- Submit a report to Stop AAPI Hate stopaapihate.org
- Hate Crime Book hatecrimebook.com

In case of an emergency:

- Call 911 immediately
- If you are using a campus phone, you can dial the emergency number listed below for each site to connect directly with Security
- Report the incident to your site's Security Office

MSHS Security Site Locations, Contact Info, and Onsite Emergency Numbers:

The Mount Sinai Hospital

1468 Madison Avenue
Annenberg Building
MC Level, Room 205
212-241-6068

Emergency #60

Mount Sinai Queens

25-10 30th Avenue
Ground Floor
Main Security Desk
718-267-4280

Mount Sinai Brooklyn

3201 Kings Highway
Brooklyn, NY 11234
718-951-3071

Mount Sinai Beth Israel

9 Nathan D. Perlman Place
Bernstein Pavilion
First Floor Lobby
212-420- 2828

Emergency #441111

New York Eye and Ear Infirmary of Mount Sinai

218 Second Avenue
South Building
B Level Room 07
212-979-4346

Emergency #333

Mount Sinai West

1000 Tenth Avenue
West Building
Ground Floor, Room GA-27
212-523-7512

Emergency #4444

Mount Sinai Morningside

1111 Amsterdam Avenue
Muhlenberg Pavilion
Basement Room B1
212-523-1000

Emergency #4444