Make sure all windows and doors are closed and locked before going to bed. Remember, If you have a PVCu or composite door, with a multipoint locking system, lift the handle, lock the door and remove the key then put it out of sight of the door, but readily available to escape in case of an emergency.

If you have an intruder alarm, turn on the ground floor zone when you go upstairs to bed. If you do not have an intruder alarm get a battery operated PIR (infrared) sensor alarm that can be placed indoors where your keys are kept, providing a limited alarm response.

To avoid possible confrontation don’t take the keys to the bed with you. For cars with keyless entry, put your keys and spare keys in a faraday bag to prevent the signal being accessed from outside.

If you have a garage or driveway, make sure you can use that for parking your vehicle. Make sure any garage is secured with ‘Sold Secure’ tested and approved security products. Find out more at soldsecure.com

Consider having a tracker fitted to your car and if you have one make sure it has been switched on.

For more information about how to keep vehicle secure including cars with keyless entry, visit: essex.police.uk/letstalk

Read this leaflet? Pass it on to a relative, friend or neighbour. Let’s all talk about crime and how to prevent it happening.