



Staying safe in case of terror or mass assaults

Take a deep breath and keep calm.
Get an overview of the situation.



Run



→ Hide



→ Emergency call



→ Last resort:
defend yourself



Keep CALM

- Get an overview of the situation.

RUN

(if possible):

- Immediately leave the hazard zone.
- Use emergency exits.
- Leave your belongings behind. They hinder you.
- Also help others to escape.
- Also warn others of the danger.
- Take suitable cover (e.g. thick walls) while escaping.

HIDE

(if you cannot escape):

- Hide behind large objects.
(Use concrete or stone walls or tables and benches as cover, use safe corners).
- Lock yourself in rooms. This prevents perpetrators from killing or hurting as many people as possible in a short period of time. It also helps to avoid panic.
- Lock and block doors (lock doors twice, fix the door handle by placing an object underneath, barricade doors, if possible, by filling the space to the opposite wall).
- Keep away from windows and doors (bullets might pass through them).
- Mute your mobile phone and turn off the vibration function.
- Be quiet.
- Try to get an overview of and control over the persons locked in the room.
- Do not leave your hiding place unless you are told to do so by the emergency services
(assess the fire alarm, it could have been activated by the perpetrators).

EMERGENCY CALL

(as soon as you are safe):

- Call the police: 133 or 112.

DEFEND YOURSELF

(only as a last resort):

- Use objects to fend off an attack.
- Look for supporters and help others.