BE PREPARED AND PROTECT YOURSELF AGAINST AMOK AND TERRORISM

Take a breath and keep calm. Get a general idea of the situation.

RUN

HIDE

CALL

As a last resort

DEFEND

133 112
RUN
If it is possible

• Use the emergency escape routes
• Leave your belongings behind - they may hinder you

HIDE
If it is impossible to run away

• Hide behind big objects
• Lock and block doors
• Silence your ringtone and turn off the vibration of your mobile phone
• Remain quiet

DEFEND
If there is no other possibility

• Use objects to fend off an attack
• Look for support and help others

CALL
CALL 133 OR 112 WHEN YOU ARE SAFE

Follow the social media channels of the police and the Ministry of Interior.
To avoid panic and to protect victims, be careful with sharing information on social media.