

# 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**



## 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 all 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

**As a  
last resort!**



## CALL

CALL  **133** OR **112** WHEN YOU ARE SAFE



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