RUN ~ HIDE ~ FIGHT

The following is the transcript from the video “Run. Hide. Fight,” a 5:56 minute video created by the Department of Homeland Security to teach people a method of responding to an active shooter situation.

Warning: When watching the video, know that there is a graphic shooting scene on the video from 1:14-1:22 minutes. Some people may wish to avoid this section of the video.

Sometimes, bad people do bad things. The warning signs may vary, but the devastating effects are the same. Unfortunately, you need to be prepared for the worst.

1:23 minutes of the videos begins with: If you should ever find yourself in the middle of an active shooter event, your survival may depend on whether or not you have a plan. The plan doesn’t have to be complicated. There are three things you could do that make a difference:


First and foremost, if you can get out, do. Always try and escape or evacuate, even when others insist on staying. Encourage others to leave with you, but don’t let them slow you down with indecision. Remember what’s important: you, not your stuff. Leave your belongings behind, and try to find a way to get out safely. Trying to get yourself out of harm’s way needs to be your number one priority. Once you are out of the line of fire, try to prevent others from walking into the danger zone and call 911.

RUN ~ When an active shooter is in your vicinity:

► If there is an escape path, attempt to evacuate.
► Evacuate whether others agree to or not.
► Leave your belongings behind.
► Help others escape if possible.
► Prevent others from entering the area.
► Call 9-1-1 when you are safe.

If you can’t get out safely, you need to find a place to hide. Act quickly and quietly. Try to secure your hiding place the best you can. Turn out lights, and if possible, remember to lock doors. Silence your ringer and vibration mode on your cell phone. If you can’t find a safe room or closet, try to conceal yourself behind large objects that may protect you. Do your best to remain quiet and calm.

HIDE ~ If an evacuation is not possible, find a place to hide.

► Lock and/or blockade the door.
► Silence your cell phone.
► Hide behind large objects.
► Remain very quiet.

Your hiding place should:

► Be out of the shooter’s view.
► Provide protection if shots are fired in your direction.
► Not trap or restrict your options for movement.

As a last resort, if your life is at risk, whether you’re alone or working together as a group, FIGHT! Act with aggression. Improvise weapons. Disarm him. Commit to taking the shooter down, no matter what.

FIGHT ~ As a last resort, and only if your life is in danger:

► Attempt to incapacitate the shooter.
► Act with physical aggression.
► Improvise weapons.
► Commit to your actions.

Try to be aware of your environment. Always have an exit plan. Know that in an incident like this, victims are generally chosen randomly. The event is unpredictable and may evolve quickly. The first responders on the scene are not there to evacuate or tend to the injured. They are well-trained, and are there to stop the shooter.
When law enforcement arrives:

- Remain calm and follow instructions.
- Keep your hands visible at all times.
- Avoid pointing or yelling.
- Know that help for the injured is on its way.

Your actions can make a difference for your safety and survival. Be aware and be prepared. If you find yourself faced with an active shooter, there are three key things you need to remember to survive: Run. Hide. Fight.