

## RUN > HIDE > FIGHT

Emergencies can happen anywhere and at any time. It is important that we take a minute to prepare for a situation in which our safety or even our lives could depend on our ability to react quickly. When we're faced with almost any kind of emergency – like severe weather or if someone is trying to hurt you – we have three options: Run, hide, or fight.



### Run

**Leaving the area quickly is the best option if it is safe to do so.**

- ▶ Take time now to learn the different ways to leave your building.
- ▶ Leave personal items behind.
- ▶ Assist those who need help, but consider whether doing so puts yourself at risk.
- ▶ Alert authorities of the emergency when it is safe to do so.



### Hide

**When you can't or don't want to run, take shelter indoors.**

- ▶ Take time now to learn different ways to seek shelter in your building.
- ▶ If severe weather is imminent, go to the nearest indoor storm refuge area.
- ▶ If someone is trying to hurt you and you can't evacuate, get to a place where you can't be seen, lock or barricade your area if possible, silence your phone, don't make any noise and don't come out until you receive a 'O' Alert indicating it is safe to do so.



### Fight

**As a last resort, you may need to fight to increase your chances of survival.**

- ▶ Think about what kind of common items are in your area which you can use to defend yourself.
- ▶ Team up with others to fight if the situation allows.
- ▶ Mentally prepare yourself – you may be in a fight for your life.

Please be aware of people with disabilities who may need additional assistance in emergency situations.

### Other Resources

[lakelandcollege.edu/police-department/](http://lakelandcollege.edu/police-department/)

Important Phone Numbers

Emergency: 911

24/7 Main: 217-234-5432

Non-Emergency: 217-234-5066