

## Run. Hide. Fight. Video

### Video Visual Description Summary

Video shows what to do in an active shooter situation. The content that is being described during the video is being acted out to showcase what to do. Images of text on the screen in yellow with purple background and ECU logo on it says "RUN. HIDE. FIGHT.". At the end of the video there is a police officer, a white male with short brown hair in a uniform speaking to the camera.

### Video Transcript with Time Stamps

0:01

In an active shooter situation, your survival may depend on having a plan.

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There are three choices to consider: Run. Hide. or Fight.

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If there's an escape path, evacuate at once.

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Leave your belongings behind.

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Help if possible, but keep moving and warn others to leave the area.

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If hiding is your best option, find the most secure place you can block or lock the door.

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Silence your cell phone and remain very quiet.

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

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attempt to incapacitate the shooter.

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If possible, improvise a weapon and then act with physical aggression.

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If you choose to fight, it's vital that you commit to this course of action.

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Your survival will be at stake.

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Run. Hide. Fight.

0:55

Consider your options and make a plan.