

SURVIVVERMONT!™

See Something, Say Something! Run, Hide, Fight! Stop The Bleed!

An Active Shooter Preparedness Program for Vermonters

Created by Partners at:

The St. Albans Police Department

AmCare Ambulance Service

The Northwestern Medical Center

The Vermont Department of Health

Northwest Vermont Medical Reserve Corps

As Vermonters, we pride ourselves on our self-sufficiency, our resilience, and especially our willingness to help in times of need. This program, developed by our local emergency response agencies, reinforces the 3 important and easy-to-remember elements that are critical to surviving an Active Shooter or physical violence threat.



1. SEE SOMETHING, SAY SOMETHING

Paying attention to the people and activities around us every day can be key in preventing a violent situation. Don't underestimate the importance of reporting suspicious activity:

See Something, Say Something!



2. RUN, HIDE, FIGHT

We can't always predict or prevent Active Shooter or violent situations. Until help arrives, *ONLY YOU* have the power to make the decisions that can save a life. Don't allow yourself to become a victim. If you find yourself in an Active Shooter or violent situation that you can't avoid, do whatever you can to survive:

Run, Hide, Fight!

3. STOP THE BLEED



Should you – or someone near you – be injured in an Active Shooter or violent situation, you may be able to help. Uncontrolled bleeding is the most common cause of preventable fatalities in Active Shooter situations. Use simple techniques and any items near you to apply pressure to the wound in order to stop the bleeding and help save a life:

Stop The Bleed!