



HOSTAGE INCIDENT CARD

- Your only job is to survive.
- At the time of your seizure, do not attempt to fight back. The first 15 to 45 minutes are the most dangerous. Do not play the hero; do not talk back or act “tough.”
- Be certain that you can explain everything you have on your person. Do not carry any items that may call into question your motives or status within the mission.
- Fear is a normal reaction. Try to relax, pause, take a deep breath and accept the situation.
- Keep a low profile.
 - Be cooperative without appearing either servile or antagonistic. Follow the instructions of your captors.
 - Never beg, plead or cry.
 - Do not make threats against your captors or indicate that you would testify against them.
 - Avoid appearing to study your captor’s features, dress and mannerisms.



- Try to gain your captors’ respect and try to build rapport with them. An excellent topic of discussion is family and children.
- Emphasize that as a United Nations employee, you are neutral and not involved in politics.
- Encourage your captors to let the authorities know your condition and whereabouts.
- Take care of yourself; exercise, stay well groomed, eat and drink even if you are not hungry.
- Be patient and mentally prepared for isolation. Focus your mind on pleasant scenes, memories or prayers.
- Do not attempt to escape unless you are certain you will be successful.
- If there is a rescue attempt by force, drop to the floor and keep your hands over your head. Once the situation stabilizes identify yourself.