

# **Home Front Command**

Life-Saving Guidelines

National Emergency Portal **Oref.org.il** 



# **Emergency Equipment**

products. List of equipment:

and food in closed packages

**Flashlight and emergency lighting** 

Bottles of water

Prepare equipment that will serve you for 72 hours in cases such as prolonged

power outage or shortage of essential



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Radio, batteries and portable charger



First aid kit and medication



Essential equipment based on family characteristics

**Cash and important documents** 

#### Means of communication for emergencies

100 - Israel Police

104 - Home Front Command

101 - Magen David Adom 10

106 - Local Municipality

102 - Fire and Rescue Authority

# Rely solely on official information from authorized sources

# A prepared family is **a safe family**



Three steps that will allow you to protect your family:

### 1. Familiarize yourself with the emergency guidelines

• Make sure the Home Front Command app is installed on your mobile and that you are able to receive the alert at home.



Make sure everyone knows how to act when receiving an alert.

• Make sure everyone reaches the protected space in the time available to reach shelter.

### 2. Prepare the house and the emergency equipment

• Make sure the protected space is ready and suitable for use.



• It is recommended to move the kids beds to the protected space.

Prepare emergency equipment

and the list of communication means.

### 3. Involve the whole family



Talk - Have a family conversation about the situationand proper behavior during a rocket and missile attack.Share - Divide roles among family members.Practice - Practice with the whole family how to reachthe protected space within the time available to reach shelter.

#### **Highlights for parents**

- Mediate the situation for the children and minimize their exposure to news broadcasts.
- Children may experience distress that manifests itself in attachment to the parent and even wetting, these are normal reactions.
- Explain that the alarm sounds loud to inform us that there is danger and thus protects us.
- The children watch you and are influenced by the way you react. Stay calm and in control around them.

### **Prepared = Protected**

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When receiving an alert, enter the protected space according to the time available to reach shelter, and follow the following guidelines:

#### Indoor

Enter a residential protected room/ floor protected space (MAMAD / MAMAK), shelter, inner stairwell, or inner room and close the door and windows.

#### Outdoor

Enter a nearby building. If not possible, lie on the ground and protect your head with your hands.

#### In a vehicle

Carefully stop on the side of the road and enter a nearby building. If not possible, step away from the vehicle, lie on the ground and protect your head with your hands.

#### In public transport

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Transit bus - get off the bus and enter a nearby building. If not possible, bend down below the window line and protect your head with vour hands.

Intercity bus and train - bend below the the window line and protect your head with your hands.



#### **Key Highlights**

- Go to the protected space quickly, but carefully
- · Do not rely on Air Defense Systems alone.
- Do not gather in the area where a missile or interception fall.
- Keep away from unexploded ordnance and unidentified objects.

### Wait in the protected space for 10 minutes, no less!

### The most protected space

The protected space and behavior according to guidelines - save lives. Everyone has a protected space that should be used based on the following priority:

#### 1. Residential / Floor / Institutional protected space



• Close and lock the steel window and the inner window. If there is a double sliding window (two- winged),

- remove it.
- Close the vent pipe cover.
- · When receiving an alert, close and lock the door.

#### 2. Shared or public shelter

• Make sure the shelter is free of equipment.





When recieving an alert, stay on the staircase that has at least two floors above it(in a three-story buildingstay on the staircase on the middle floor).

#### 4. Inner room With as few exterior walls,



windows and openings as possible • Do not choose a kitchen, bathroom, or toilet.

· When receiving an alert, sit in an inner corner, below the window line and not in front of the door.

### **Key Highlights**

- Clear the access routes leading to the protected space.
- Do not linger at the entrance of the building due to risk of fragments and the blast.
- Leave the front door of the building open for the benefit of those staying outside.

#### Make sure you reach the protected space within the time available to reach shelter!

### An alert to everyone, **Everywhere and anytime**



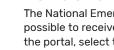
Home Front Command alerts are given to various threats in a targeted manner to each town and are delivered through three types of sirens:

#### **Personal Siren**



The Home Front Command app provides personal alert and life-saving information depending on your location and areas of interest of your choice. Make sure the app is installed on your mobile phone.

#### **Home Siren**



The National Emergency Portal makes it possible to receive the alert at home. Open the portal, select the name of your town and leave the computer on.

#### **Public Siren**



Home Front Command sirens are mainly intended for those staying outdoors. Please note: The length of the alarm is the time available for you to reach and enter the protected space.

#### **Means of Communication**

Home Front Command alerts are given on TV channels, radio stations and the various websites.

#### How will you know what your alert zone is?

- The name of your town is the alert zone.
- · Large cities have been split into several alert zones.
- Go to the National Emergency Portal or the Home Front Command app and enter the name of the town and the street in order to know what the alert zone is and the available time to reach shelter (entry to the protected space).

#### The alert is activated only where there is danger to the population







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- Close the escape hatch. • When recieving an alert, close and lock the door.
- **3. Inner Stairwell**

With no exterior walls, windows and openings