



Home Front Command Life-Saving Guidelines

National Emergency Portal oref.org.il



WhatsApp and SMS
052-9104104 | 104

Emergency Equipment



Prepare equipment that will serve you for 72 hours in cases such as prolonged power outage or shortage of essential products. List of equipment:



Bottles of water and food in closed packages



Flashlight and emergency lighting



Radio, batteries and portable charger



First aid kit and medication



Cash and important documents



Essential equipment based on family characteristics

Means of communication for emergencies

- 100 - Israel Police
- 101 - Magen David Adom
- 102 - Fire and Rescue Authority
- 104 - Home Front Command
- 106 - Local Municipality

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 situation and proper behavior during a rocket and missile attack.
- Share** - Divide roles among family members.
- Practice** - Practice with the whole family how to reach the 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

Life-saving guidelines during Rocket and Missile Attack

The most protected space

An alert to everyone, Everywhere and anytime



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

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 your hands.

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



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.
- Close the escape hatch.
- When receiving an alert, close and lock the door.



3. Inner Stairwell

With no exterior walls, windows and openings

When receiving an alert, stay on the staircase that has at least two floors above it (in a three-story building - stay 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.



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.

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.

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.

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).

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

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

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

