

# What Do I Do When I Hear a Siren or A “Red Alert” (“Tzeva Adom”)?



An Easy-Read Document  
2014

## **Introduction**

**Accessibility is a general term used to describe the extent to which people with a wide range of capabilities can utilize services, structures, systems, etc. For a great many people, the use of documents is not accessible because the content is difficult and complicated. This booklet contains instructions about how to act during an emergency. It can be used by its target population, people with intellectual disabilities, but can also benefit additional populations, for example, children, the elderly, and new immigrants.**

**We hope that this booklet is the first of many that we will simplify.**

**This booklet is the product of a collaboration between the Disabilities Institute, associates in program-planning and development of services for advancement and integration of persons with disabilities in the community, the Ministry of Social Affairs and Social Services, the Department of Services for People with Intellectual and Developmental Disabilities, and the Home Front Command. The language simplification was carried out by the staff of the Institute for Cognitive Accessibility.**

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## Easy-Read Introduction



Accessibility is a word that describes to what extent services, structures, and information can be used by everybody.

Easy-read is writing in a simple and clear way. This booklet has easy-read instructions about what to do in case of an emergency.

Lots of people have trouble getting information from booklets because they are complicated and hard to understand.

This booklet can be used by people with intellectual disabilities and additional groups of people. For example, children, old people (elderly) and new immigrants (people that have just come to live in Israel) can use this booklet.



We simplified this booklet for you, and we hope to bring you more easy-read booklets in the future.

**This booklet was written together by:**



- The Disabilities Institute, associates in program-planning and development of services for advancement and integration of persons with disabilities in the community
- The Ministry of Social Affairs and Social Services, The Division of Services for People with Intellectual and Developmental Disabilities
- The Home Front Command
- The Language simplification was carried out by the Institute for Cognitive Accessibility.



**The Institute for Cognitive Accessibility**



# Important Words

## Building-

### A building or a house or a room

Protected area – a general name for structures that protect us.

In a protected area we are safe from danger.

A protected area is a room with strong walls,

Such as, for example:

- “*mamad*” (a protected space in an apartment)
- “*mamak*” (a protected space for each level in an apartment building)
- Shelter (*miklat*)
- Inside room
- Stairwell



### “Mamad” (Apartment Protected Space)

A room with strong walls inside your home. The room has a door and windows made of iron.



### *“Mamak”* (Floor Protected Space)

In an apartment building with many levels, each level has a room with strong walls, and a door and window made of iron. All the people who live on that level can use that protected space.



### Shelter (*“miklat”*) in a Building

A room with strong walls, and a door and window made of iron. All of the people who live in the building can use this room. This room is on the ground floor of the building, or in the basement (A room under the ground floor of the building).



### Protected Internal Room

A room inside an apartment or a house. This room does not have walls that face the street or the garden. For example, it could be the passageway between rooms, or the hallway.



## Stairwell

In a building or house, this is the area with stairs that connect the different levels.



## Public Bomb Shelter

A room with strong walls and a window and door made of iron. All of the people who live on the street or in the neighborhood can use this room.



## Sheltered Spot

A place to hide yourself (take cover) to keep you safe, for example, "*migunit*" a block of concrete.



## Vehicle

Any means of transportation that we use to go from one place to another. For example:

- Car
- Taxi
- Bus
- Train

## General Instructions

### What Should I Do During a Siren or a “Red Alert” (“tzeva adom”)?

When I hear a siren or “red alert” (a “tzeva adom”):

I have to go to the protected space that is the closest to me.

I have to go to that protected space as fast as I can.

When the siren stops, I already have to be in the protected space.

**How do I know which Protected Space I should go to?**

I know which protected space to go to by the place I am in during the siren or “red alert” (“tzeva adom”).

I could be in one of these places:

In a vehicle (a car,  
a taxi, or a bus)



Outside



In a building  
(an apartment  
building, a house,  
or a room)



10 minutes



I have to stay in the protected space for 10 minutes (in 10 minutes it is possible to sing 4 songs).

# In a Building



# Special Instructions

## How to Find the Protected Space



I am in a building (an apartment building or a house or a room). I hear a siren or a “red alert” (“tzeva adom”).

I go to the *mamad* (protected space in the apartment or house) or to the *mamak* (protected space for each level of the apartment building) or to the shelter (*miklat*).



When I am in the room, I close the door and the windows.  
I sit on the floor.  
I wait **10 minutes** (like singing 4 songs).



I hear a siren or a “red alert” (“tzeva adom”) There is no *mamad*, *mamak*, or shelter (*miklat*) in the building



**I go to the internal protected room**



**When I am in the room, I close the door and the windows.**

**I sit on the floor.**

**I stay in the room for 10 minutes (like singing 4 songs.)**



**I hear a siren or "red alert" ("tzeva adom")  
There is no internal protected room**



**I go down the stairs, but not all the way down.  
(There are levels above me and below me.)**



**I stay there for 10 minutes (like singing 4 songs).**



# Outside





I Hear a Siren or “Red Alert”  
 (“tzeva adom”) I am outside

I have to look and see if there is a structure (building or house or room)  
 that is close to me

There is a building that I know near me



I go to the mamad or mamak or shelter (*miklat*)



When I am in the room, I close the door and the windows.  
 I sit on the floor.

I wait 10 minutes (like singing 4 songs)



There is no mamad, or mamak, or shelter (*miklat*).  
 I go to an internal protected room.



I go to an internal protected room



When I am in the room, I close the door and the windows.

I sit on the floor.

I wait 10 minutes (like singing 4 songs)



There is no internal protected room. I look for the stairwell.



I go up the stairs. I do not stay on the ground floor.



I wait 10 minutes (like singing 4 songs)



There is a building near me that I do not know



I go up the stairs. I do not stay on the ground floor.



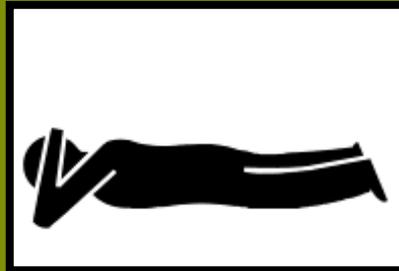
I wait for 10 minutes (like singing 4 songs)



There is no building close to me



I have to lie down on the ground on my stomach  
I have to cover my head with my hands



I have to wait for 10 minutes (like singing 4 songs)



# In a Vehicle



 	<p>I hear a siren or a “red alert” (“tzeva adom”). I am in a vehicle.</p>
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 	<p>In a car or a taxi</p>
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The driver has to stop the car or the taxi.

I get out of the car or the taxi.

Then I have to look for a building or a place to hide that is close to me.

<p>There is no building or place to hide</p> 	<p>There is a sheltered spot</p> 	<p>There is a building close to me</p> 
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There is a building close to me that I know



I go to the mamad, the mamak, or the shelter (miklat).



When I am in the room,  
I close the door and the windows.  
I sit on the floor.  
**I wait 10 minutes** (like singing 4 songs)



**There is no *mamad*, *mamak*, or shelter (*miklat*).  
I go to an internal protected room.**



**I go to the internal protected room.**



When I am in the room, I close the door and the windows.

I sit on the floor.

**I wait 10 minutes** (like singing 4 songs)



**There is no internal protected room  
I look for the stairwell**



**I go up the stairs. I do not stay on the ground floor.**



**I wait here 10 minutes** (like singing 4 songs)



**There is a building close to me that I do not know**



**I go up the stairs. I do not stay on the ground level of the building.**



**I wait here 10 minutes (like singing 4 songs)**



**There is no stairwell. I look for a place to hide**



## There is a Sheltered Spot



I go into the sheltered spot.

I wait for 10 minutes (like singing 10 songs)



## There is no Sheltered Spot.

There are special instructions for what I have to do

There is no sheltered spot.  
There is no building close to me.



I lie down on the ground on my stomach.

I cover my head with my hands.



I wait 10 minutes (like singing 4 songs).



Bus, train

After the driver stops the bus or slows the train (makes the train go slower)

I have to go to the aisle between the seats  
(the pathway between the rows of seats)

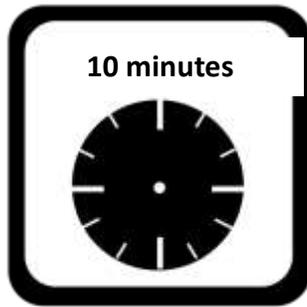
I have to bend so that I am below the  
windowsill



I have to guard (protect) my head with my hands.

# Special Instructions – more important things to know!

## Very Important!



I can leave the protected area after 10 minutes (like singing 4 songs)



I am not allowed to use the elevator!



I am not allowed to touch unfamiliar things!



I have to move far away from unfamiliar things!