

**Prepare
yourself so you
can protect
yourself!**

Instructions in the event of a rocket attack

When a siren, or an explosion or the “**Tseva Haadom**” (Red Color) alert is heard, proceed as follows:

If you are indoors:

- Go immediately into the Apartment Protected Space (APS) [MAMAD] and shut the steel window.
- If there is no APS [MAMAD] in the building:
 1. Go into the room located furthest away from the direction of the threat of rocket fire. That room should have the least possible number of outer walls, windows and openings. If there is no such room, go into the indoor stairwell.
 2. In the protected room, sit on the floor, below window level, along an inner wall, but not opposite the window.
 3. Inhabitants of the top floor of a building without an APS [MAMAD]: go into the stairwell, and descend one floor.

If you are outdoors:

- **If you are in open country**, lie down and protect your head with your hands.
- **If you are in a built-up area**, go into a building and follow the instructions for those who are indoors.

If you are traveling in a vehicle:

- Stop the vehicle at the side of the road, leave the vehicle and go into the nearest building or sheltered location.
- If you are out in open country, lie down and protect your head with your hands.

Wait five minutes:

If no other instructions have been given, you can leave the protected space.

Important: keep a distance from unidentified objects and from any rockets lying on the ground. In this case, keep curious bystanders away and notify the police.

Important Telephone Numbers

Important telephone numbers of the emergency services:

Police: 100

Ambulance: 101

Fire department: 102

Municipal call center: 106



Information and personal advice on how to protect yourselves:

Home Front Command national information center, telephone: **1207**

Website: www.idf.il/oref

Fax for the hard of hearing: 08-9784131

Telephone numbers important to you:

Mother at work: _____

Father at work: _____

Telephone number at school: _____

Telephone number at nursery school: _____

Why be prepared?

This is not the first time the home front has been under threat. Experience has shown that people who learnt in advance how to deal with states of emergency and prepared themselves, respond better when the moment of truth arrives.

Rocket Attacks

A rocket consists of a hollow pipe containing explosives. A rocket can cause harm to buildings and people who are not in a sheltered location.

Rocket fire is not very accurate. If the warning system is activated, you will have 15 seconds advance warning before the rocket lands.

The warning system is automatically connected to the sirens which go off or which declare the Tseva Haadom (Red Color) code alert.



Instructions for preparing the protected room

The preparations are very simple and can save lives

- Make sure that the size of the room and the number of seating/lying places matches the number of people who will be in it.
- Remove heavy and breakable objects (porcelain and glass utensils, electrical appliances, pictures and mirrors, plants, etc.) from walls and shelves.

- Equipment recommended for the stay in the protected room:

Emergency lamp or battery-operated flashlight.

Water: at least one liter per person.

A little food: preferably ready-to-eat, such as snacks, tinned foodstuffs, etc.

Radio with batteries.

Television set and a telephone – desirable.

First aid kit

Books, toys and children's games

Address book with essential telephone numbers.



Instructions for preparing the protected room

Choosing a protected room

To prepare in advance and protect yourselves from rocket fire, you need to define in advance which room will serve as your protected room.



It is important that you define this room in the home or any other place you might be, in the following order of preference:

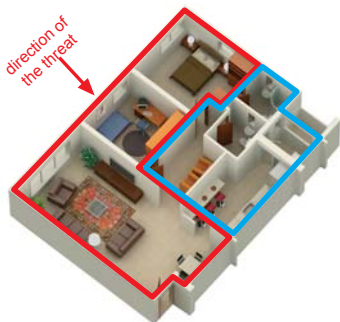
APS (Apartment Protected Space) [MAMAD] or **FPS** (Floor Protected Space) [MAMAK]

A protected space surrounded by concrete walls optimally able to withstand the results of explosions, and containing security windows and doors.





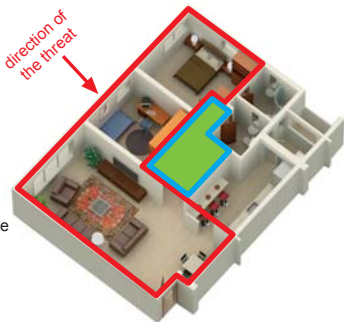
If there is no APS [MAMAD] or FPS [MAMAK] in the building you are residing in, choose a room located furthest away from the direction of the threat of rocket fire.

-  The rooms facing the direction of the threat
-  The rooms furthest away from the direction of the threat



That room should have the least possible number of outer walls, windows and openings.

-  The rooms facing the direction of the threat
-  The most protected room in the home



If there is no such room, you can define the indoor stairwell as the protected room.

To try out choosing a protected room, go to www.idf.il/oref

Choosing a protected room

Children's behavior in a state of emergency

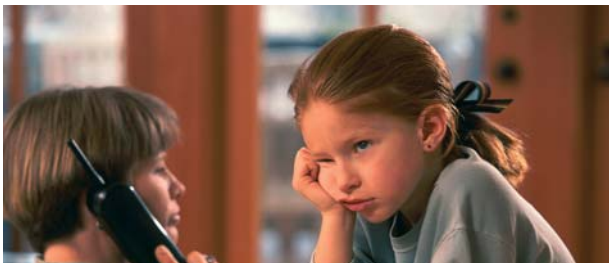
Many parents worry about their children's reactions in a state of emergency and how to help them. In states of emergency, we often see behavioral changes in our children and even regressive behavior. Bear in mind that in most cases these are normal responses to an abnormal situation.

General principles for dealing with children in a state of emergency:

1. Prepare your children as much as possible what to expect in the state of emergency. Practice what you all have to do, and assign everyone age-appropriate roles. Prepare a family emergency plan that includes what needs to be done during an attack, how to summon help when the need arises, how to contact family members, and the division of roles between family members, etc.
2. Try to stick to routine life as much as possible.
3. In times of emergency, your children have special needs. Allow them to be more dependent if that makes them feel safer.
4. Minimize the exposure of your children (especially the younger ones) to harsh scenes in the media.

5. Children express their feelings in different ways. Offer them warmth and calm them down, but don't dismiss their feelings out of hand. It is important that you convey the message that you will "overcome things together".
6. Talk to your children about what has happened: listen to their feelings, offer direct, short and truthful answers to their specific questions. Use words or concepts from their world of reference. It is important that you strengthen your children's confidence in their ability to cope and that give them positive reinforcement.
7. Create opportunities for your children to spend time with and to talk to other children of their own age.
8. Be aware that your behavior and reactions during an incident have a very big impact on your children. If you convey a sense of confidence and competency, this will be reflected in your children's feelings.

In any instance where you observe highly abnormal behavior in your children during an incident or afterwards, seek professional help from your local authority.

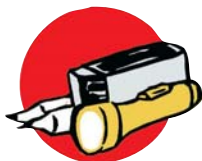


Children's behavior in a state of emergency

Family emergency plan

It is important that every family prepare an family emergency plan that includes the following:

- Familiarize yourselves with the possible state of emergency and the dangers associated with it.
- Familiarize yourselves with the set of actions you must take when the situation arises, and teach your family members what they must do in that situation.
- Plan and define the division of roles between your family members (it is important to match the role to the capabilities of each member of household).
- It is important that family members know where every item of the family's emergency equipment is stored. Define who is responsible for organizing the equipment and keeping it in good order.
- In a prominent location, write the telephone numbers of the emergency services, the local authority, and other relevant organizations in your area of residence, and the methods of communication between all family members (use the second page of this booklet for that purpose).



It is important that you teach your children whom to call and when

- Define which neighbors and/or other persons must be contacted in the event that communication is not established with immediate members of family.



It is vitally important that neighbors cooperate and help each other. It is important to talk to neighbors about such situations and to define the course of action to be taken in them.

Remember

Advance preparation is the key to correct handling of an emergency!!!

It is essential that you practice the family emergency plan!



Call Center, telephone: 1207

www.idf.il/oref

Home Front Command –
you are in good hands

Family emergency plan

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