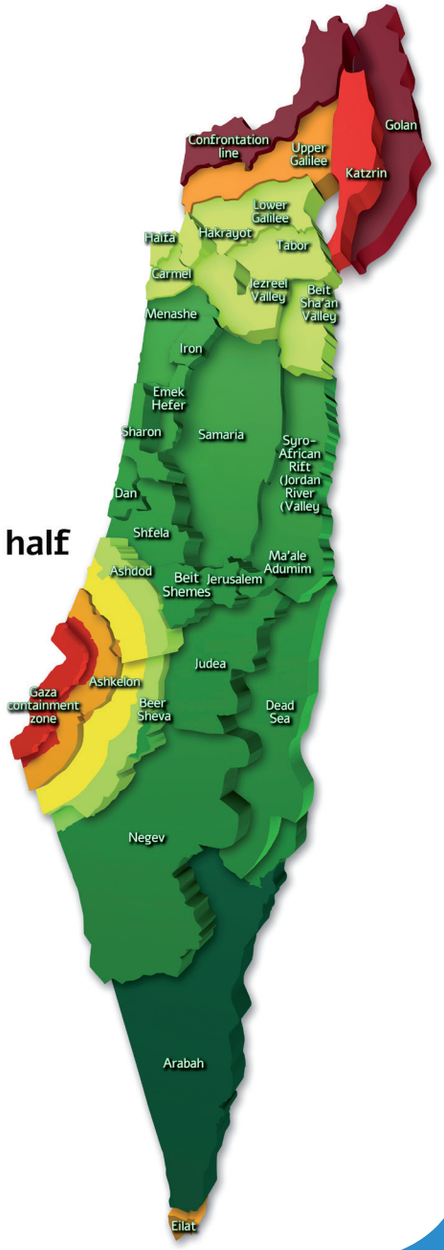

My family's preparations in case of missile strikes

PDF

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The Home Front Command

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We all take command
The Home Front Command

Dear resident

This letter specifies how much time you have to enter a protected space as well as providing several guidelines and simple steps to help you prepare today to protect yourselves in the future:

- Guidelines for choosing the protected space
- Guidelines for what to do when you hear the siren
- Preparing the family emergency plan
- Map of defense zones with the new amounts of time you have to enter a protected space

With you, **the Home Front Command**

Guidelines for choosing and preparing a protected space

Choose the protected space according to the amount of time at your disposal from the moment the siren is sounded or an explosion is heard, in the following order of priority:

MAMAD (Apartment Protected Space) or MAMAK (Floor Protected Space – a protected room on each story of a multistory building) are the preferred choice.

Shelter

Apartment building bomb shelter: provided that the bomb shelter is internal and located inside the building, and provided that it can be reached via an internal stairwell, regardless of the amount of warning time available.

Public bomb shelter: provided you can reach it within the required time from the moment the siren is sounded.

If there is no MAMAD or MAMAK or bomb shelter, choose a **protected internal** space with the least number of exterior walls, windows and openings.

Tenants of the top floor of a building more than three stories high without a MAMAD or MAMAK or an internal bomb shelter must descend two floors and remain in the stairwell.

Tenants of the top floor of a three-story building without a MAMAD or MAMAK or an internal bomb shelter, must descend one floor and remain in the stairwell.

What to do when the siren is sounded

When the siren is sounded or an explosion is heard, enter the protected space within the amount of time at your disposal, according to the following guidelines:

1. **If you are inside a building,** go into the MAMAD immediately and close the steel window. If there is no MAMAD in the building, go into the chosen protected space. If there is no such space, go into the building stairwell. In the protected space, sit on the floor, below window level, against an inner wall, but not opposite a window.
2. **If you are outside in a built-up area, go into the nearest building or sheltered spot.** If you are out in the open country, lie down and protect your head with your hands.
3. **If you are in a car, stop by the side of the road, get out of the car and go into the nearest building or sheltered spot.** If you cannot reach a building or sheltered spot in the allotted time, get out the car, lie down on the ground and protect your head with your hands.
4. **After 10 minutes have passed, you can leave the protected space if no other instruction has been given.**
5. **It is important to keep your distance from unidentified objects or a rocket lying on the ground.** In this event, get curious bystanders to move far away and notify the police.

Preparing the family emergency plan

The family is the most significant source of support for both parents and children alike. It is therefore vital that all family members be involved in preparing the plan, which will also equip you all better to deal with the various situations.

1. **It is important** that all the family members, including the children, **be familiar with the guidelines for the proper conduct when the siren is sounded**, know what to do and where to enter, also when they are not at home or are on their own.
2. **Choose the protected space** that you will enter when the siren is sounded together with the children and family members, and explain the logic behind the choice (why this is the most protected room in the home and the importance of entering it when the siren is sounded).
3. **Divide up the roles among the family members** and plan your preparedness according to the characteristics and specific needs of your family.
4. **Stock up** on items that will help you cope better: some food and water, emergency lighting, a radio with batteries, and a first aid kit.
5. **Make a list of telephone numbers** that will help your children and the rest of the family know who they should call in different cases. Write down the telephone numbers of the Israel Police, Magen David Adom (ambulance service), the Fire Fighting Services, the Home Front Command, as well as mobile phone numbers and the telephone numbers at your place of work.
6. **Discuss** preparedness for a missile strike **with your family**. A parent must manage the discussion, and it is important that the children join in the discussion. If one of the parents feels anxious in the situation, it is recommended that the discussion not be held, and that the parent seek advice from the school or local authority in order to acquire the skills to manage the discussion. You are advised to prepare for the discussion in advance:

- Think about what issues to discuss.
- Set aside a suitable time to hold the discussion and arrange a place where everyone is comfortable.
- Mention that during the Second Lebanon War and in the conflict involving the populated areas surrounding Gaza, people's lives were saved because they obeyed the guidelines. Let your children talk about their feelings.

Cooperation with neighbors and mutual help is extremely important. Talk to your neighbors about these situations and arrange what courses of action you will take.

The Home Front Command

is working to improve the warning system and in an emergency will enable the siren to be heard on the regional radio station frequencies. **A list of frequencies will be published when the need arises.**

For more information
Phone **104**
and visit our website:
www.oref.org.il and