



Emergency Guidelines

October 2024





What is a state of emergency?

A state of emergency is a situation in which the government announces that a severe and imminent danger is threatening the country or the public. In such a case, the government may adopt special measures, such as suspending certain laws, limiting civil rights and putting emergency plans into effect to cope with the threat.

In Israel, a state of emergency was first declared in 1948, and has been in effect continuously ever since. A state of emergency may be announced due to natural disaster, war, epidemic or any other even endangering the country.

Alert

The Home Front Command is the best authority for obtaining alerts on development of a state of emergency, protection policy and relevant guidelines for handling the emergency scenario. We highly recommend you use the information made available by the Home Front Command on their website, on social media and of course via the Home Front Command smartphone app.

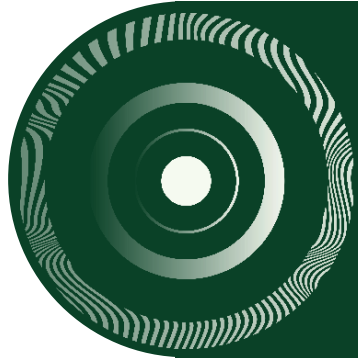
Android



iOS



- 1. Selecting an appropriate space.**
- 2. Equipping your secure space.**
- 3. Rocket and missile alerts.**
- 4. Penetration of hostile aircraft.**
- 5. Earthquake.**
- 6. Terrorist infiltration.**
- 7. Injuries and first aid.**
- 8. Electric outage.**
- 9. Damage to water infrastructure.**
- 10. Anxious response among children.**
- 11. Anxious response among adults.**
- 12. Additional topics.**
- 13. "Silent Waves" during Shabbat.**



Selecting the most secure space and receiving alerts



How to receive alerts



Home Front Command app – Personalized alerts based on your location and the areas of interest you selected, on your cellphone.

Media – Updates on TV channels, radio stations or websites. There are also dedicated silent channels for Shabbat and holidays.

Home Front Command sirens – Intended for people who are on the outdoors.

Public address system loudspeakers – Provide alerts and guidelines, as needed, through the Security Center campus speakers.

Selecting 'The most secure space'

Prioritization of the most secure spaces should be based upon the following ranking:

Bomb shelter – A local shelter or one within a building is the best means of protection, provided it can be reached within the allotted alert time.

Protected room (Mamad) – Within a building, provided it can be reached within the allotted alert time.

Inner room – A room with a minimum number of external walls or windows, without tiles or mirrors on the walls.

Inner stairwell – The lower floors within the stairwell are the best.

For a map of secure spaces on the Bar-Ilan campus [click here](#).





Equipping your secure space at home for extended sheltering and additional info to consider



Essential equipment:

Water – Sufficient amount for all household members for three days, for drinking and hygiene.

Food – Slow consumption of refrigerated food.

Prioritize food that does not require refrigeration or cooking:

Canned foods, granola, dry snacks, dry cold cuts, UHT milk, dry fruit.

Kits – First aid: prescription meds, painkillers (Paracetamol), bandages, liquid antiseptic.

Communication: battery-operated radio, cellphone, wall charger, power bank / solar.

Use wisely and sparingly to retain power.

Lighting: Flashlights or emergency lighting, candles.

Recommended equipment:

Personal hygiene – Soap, toothpaste and toothbrush, feminine hygiene, wipes, hand sanitizer.

Documents – Photocopy of Israel ID, passport, driver's license, important documents (including storing them in Disk-On-Key or on the cloud).

Cash – Cash that could serve as an alternative to electronic payments.

Clothing – Warm clothing, change of clothes, blankets or sleeping bags.

Implements – Knife, multi-tool (Leatherman), fire extinguisher.

Leisure – Books, cards and games.

Cooking – Hot plate / portable induction stove.



Consider the following:

Low availability of supermarkets.

Supply of infant food may be limited so is the supply of pet food and farm feed.

Car battery and car radio may be of use during power outages.



Scenario: Short-range rocket & missile alerts



Ramat Gan campus

Alert zone: Ramat Gan – East

Guideline zone: Dan area.

Time to reach secure space: 90 sec.

Zefat Medical campus

Alert zone: Zefat – City

Guideline zone: Upper Galilee area.

Time to reach secure space: 30 sec.

Indoors

- Enter the Mamad or shelter as instructed by signs in the building within the allotted time. Close and lock the doors and windows.
- If there is no protected space, enter and sit down in a stairwell or in an internal space on an intermediary floor.

Outdoors

- If possible, enter a nearby building.
- In an open space – lie on the ground and protect your head with your hands.

In a Car

- Pull over to the side, exit the car and enter a nearby sheltered space or lie on the ground and protect your head.
- If you cannot leave the car, pull over and park on the side of the road.

Important

- You must stay protected for ten minutes after the start of the siren.
- Make sure to stay away from rockets or rocket parts on the ground. Keep onlookers away and report its location to the Security Department using the emergency number (RG campus: 03-5317777; Zefat campus: 072-264-4910).



Scenario: Hostile aircraft or ballistic missile alert



The same safety rules apply as in a rocket attack, except:

- The crush site cannot be anticipated.
- You must remain in the secure zone for at least 10 minutes.

After it lands:

- Do not gather around the crush site; stay far away, keep others away and notify security personnel.
- Physical contact with munitions can cause them to detonate and is therefore considered life threatening.

If you did not hear a fall and the threat has not yet been removed – it means that the drone (UAV) is still in the air.

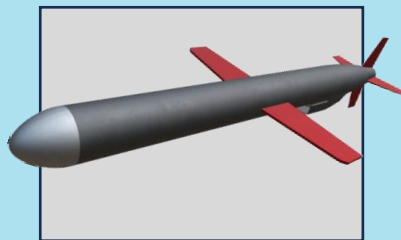
Arrival time for long-range missiles from Iran / Yemen

Ballistic missiles



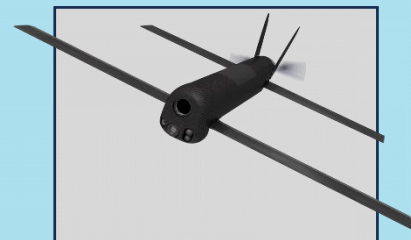
12 minutes

Cruise missiles



2 hours

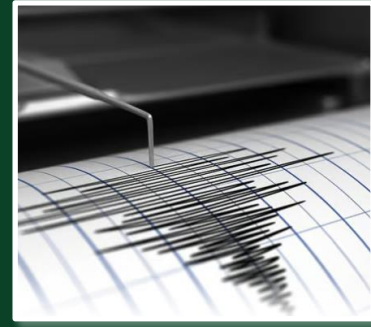
Drone (UAV)



9 hours



Scenario: Earthquake



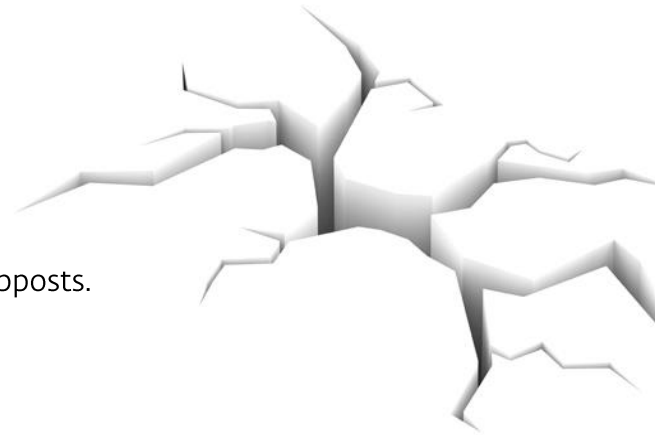
Vkf,h knxhcv

When you receive an alert or feel a tremor

- Head for cover immediately, prioritized as follows:
 - Escape to open area (the use of an elevator is prohibited).
 - Mamad or stairwell, leaving the door open.
 - Against an inner wall of a room.
- Stay away from exterior walls, windows or shelves.
- Sit on the floor, hunch over and protect your head.
- Use a piece of fabric or a mask to protect your breath.
- While in a vehicle – pull over to the side quickly, preferable not near an interchange, a bridge, high buildings or power lines.

Preparing for aftershocks

- Leave the building immediately to open area.
- Help people with disabilities to leave the building.
- Stay away from buildings, trees, power lines and lampposts.
- Put out small fires before they spread.
- Prepare a family emergency bag.



Please note

- Turn off your main electric and gas switches before leaving the.
- People in wheelchairs should lock the wheels.
- Return to the buildings only after a security authorization.



Scenario: Terror attack or terror infiltration



When you receive an alert or identify the situation

Enter a protected space and stay there until you receive an official notification from the security department to leave. If you identify the situation without having received an alert, report it immediately to the Security Center and the Police (phone number - 100).

Inside a building

- Lock all doors and windows. Turn off lights.
- Enter the secure space, lock the door handle by turning it upward and remain in the room but not directly opposite the door or window.
- Put cellphones and other devices into silent mode.
- Identify hard objects within the secure space that could be used for self-defense.
- In the event of a missile alert during terrorist infiltration – do not leave the secure space to the stairwell or bomb shelter.
- You may use an object to block the door handle to keep it locked.

Outside a building

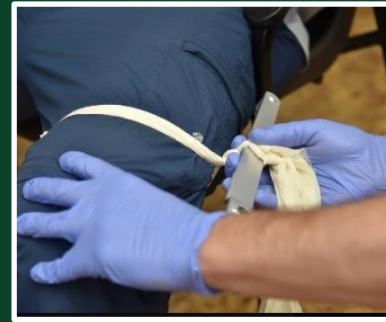
- Enter a building immediately. Close and lock all doors and windows. Turn off lights.
- If you cannot enter the building, find the most secure and hidden space around you.
- Put cellphones into silent mode.
- Identify objects around you that could be used for self-defense.

Inside a vehicle

- Continue driving and quickly get away from the area. Passengers should put their heads between their legs and use their hands for cover.
- If possible – lower the seat and drive in a line that is not straight.
- In case of direct gunfire – attempt to run over the shooter; in case of gunfire from a moving vehicle – attempt to get away from the car chasing you. Do not stop the car.
- Do not share your location on social media.
- Identify objects in the car you can use for self-defense when forced to leave the car.
- Pay attention to damage resulting from broken glass in the car.
- If you pass an IDF post or police roadblock – report the location of what you saw.



In the event of: Injuries and First Aid



Emergency phone number (to report injuries):

03-531-7777 for Ramat Gan campus

072-264-4910 for Zefat campus

Bleeding

- **Minor injury** – Rinse with soap or antiseptic. Dress the wound with a sterile bandage.
- **Continued bleeding** – Apply strong, direct pressure on the source of the bleeding. Apply bandage tightly. Do not remove objects stuck in the wound.
- **Traumatic amputation** – Apply a tourniquet above the source of bleeding.

Keep the limb cold but avoid direct contact with water or ice.

Burns

- **Wash** – Rinse the wounded limb with warm water.
- **Dress** – Dress the wound with a sterile bandage.
- Do not remove fabric that has adhered to the burn area. Remove rings, bracelets or other jewelry touching the burn area.

Electrocution

- Disconnect the electrical power source. Remove the victim from the power source.
- Check vital signs and administer resuscitation if there is no pulse.

**List of defibrillators on the Ramat Gan campus
[click here.](#)**

Building F in Zefat campus near the staircase.



In the event of: Damaged electrical infrastructure

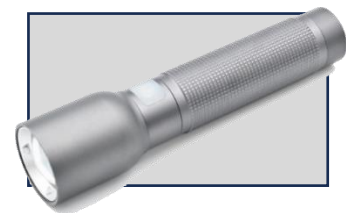
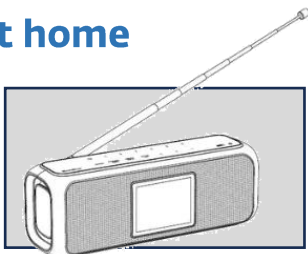


In the event of an emergency, there may be power outages for long periods of time, due to physical damage to major power infrastructures. Knowing the guidelines might make a substantial difference in handling the situation.

On campus

- **Emergency power** –Critical infrastructure in the campus obtain ongoing power supply from various generators, even when the national electricity supply is not operational. The emergency power supply can last for several days.
- **Generators** – Several buildings in the campus also obtain electricity from local generators. Furthermore, each campus has a mobile generator that can provide additional power in an emergency.
- **Satellite phone** – If cellphone networks fail, each campus has a satellite phone and means of contact with emergency, security and rescue services.

At home



Battery-operated radio

For obtaining information and guidelines when other media channels are inaccessible

Power bank

Use sparingly to charge essential equipment

Emergency lighting

Fully charge flashlights & emergency lighting for emergency preparedness



Car battery

Car batteries could be used to charge devices or to listen to the radio

Cellular networks

During power outages, communication or internet may not be accessible on cellular



In the event of: Damage to water infrastructure or water supply



In the event of an emergency, there may be water supply outages for long periods of time, due to physical damage to major water infrastructure. Keep in mind that water is needed both for drinking, cooking and for hygiene.

On campus

- **Wells and reservoirs** – Bar-Ilan can extract water independently by pumping from a well located inside the university. The pumped water then undergoes dilution to improve its quality. There are also reservoirs that provide water for the buildings.
- **Distribution points** – The local municipalities will provide water in the event of an emergency, in bottles or in tanks, to on-campus distribution points at locations that are expected to be populated even during emergency situations.

At home



Disposables utensils

Use of disposables, and use of paper towels as an alternative to water

Hygiene

Use of wipes or anti-bacterial gel as an alternative to water; collection bags for use of toilet without water

Water bottles

Equip the Mamad with 3 liters per person per day, for 3 days, for drinking and cooking



In the event of: Anxious response among children and teens



Below are basic guidelines for providing support to children, by their age group

Infancy (up to age 3)

- The response of children is affected by your own response.
- Toddlers notice non-verbal hints.
- Speak to them in a calm tone.
- Express warmth and physical contact abundantly.
- Create distraction by playing games and singing.
- Retain routine as best as possible.

Early childhood (up to age 6)

- Young children are aware of what is going on around them.
- Hold calming conversations at the child's level.
- Answer questions and explain concepts but do not overload them with excess information.
- Express feelings through discussion, games or arts and crafts.
- Convey messages of safety and calm.

Elementary school (up to age 13)

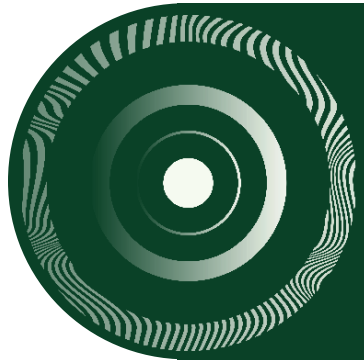
- Mediate the current situation.
- Share thoughts and feelings.
- Convey messages of safety and calm.
- Limit exposure to news and social media.
- Delegate tasks and roles to reinforce a sense of control.

Teens (up to age 18)

- Information that comes in through social media could create concern, stress, worry and anxiety.
- Initiate open dialogue on relevant topics.
- Initiate expressing of feelings together with statements that create resilience and hope.
- Explain events truthfully.

Bar-Ilan Resilience Center – 03-531-8811 Counseling services 03-531-8450

NATAL hotline – 1-800-363-363



In the event of: Anxious response among adults



Physiological responses to anxiety are manifested in shaking, high heart rate, confusion, stomach aches, etc.

Assistance in response to an incident that is not immediate

- **Maintain daily routine** – Routine provides a feeling of continuity, familiarity and security, especially when being active.
- **Provide basic needs** – Food, drink and regular sleep are vital.
- **Reduce exposure** – An excess of information evokes a sense of helplessness. We recommend reducing exposure to television, internet and social media.
- **Exercise** – Relaxation techniques and exercise help reduce stress and release hormones that improve our mood.
- **Support** – Share concerns with close friends so that you can bear the emotional burden together.
- **Doing** – Find things to do that feel meaningful: hobbies, volunteering, learning, family activities and more.

Assistance in response to an immediate incident

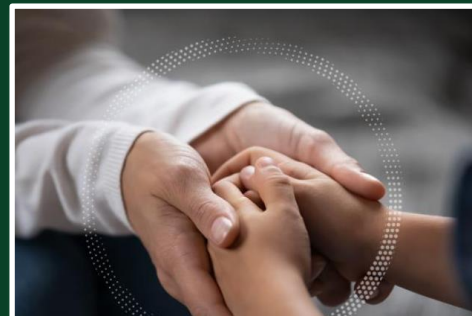
- **Commitment** – Express commitment to the victim to impart a sense of security. "I am staying with you. I am not going anywhere".
- **Encouragement** – Give simple instructions to the victim to encourage them to help themselves or others. "Put all the water bottles in the secure room".
- **Questions** – Open a communication channel that is not emotional but rather intellectual or technical. "Count how many bottles of water we have".
- **Structure the incident** – Create a general outline for the incident. "There was an explosion here two minutes ago. Rescue forces came. It's all behind us now".

Bar-Ilan Resilience Center – 03-531-8811 Counseling services 03-531-8450

NATAL hotline – 1-800-363-363



Utilities to be impacted by emergency conditions



Telephone



Suspension of up to 8 hours of landline communication and disruption to switchboard operation.

Employees



Significant reduction of employees at the workplace, even in essential businesses.

Lighting



Prolonged blackout in case of damage to infrastructure, for 8 hours through 2 days.

Transportation



Considerable damage to public transportation and land-based transportation of goods.

Cellular & Internet



Suspension of voice calls and browsing for up to 24 consecutive hours.

Gasoline and Gas



Considerable restriction of supply to individual consumers for the sake of critical services.

Medical services



Limited purchase, supply and distribution of medications and services.

Heat and cold



Difficulty in coping with extreme weather due to lack of energy resources.

Food



Reduced availability and variability of food and inaccessibility to points of sales.



A "Silent broadcast" during Saturdays (FM radio, Channel 14)



'Moreshet' (nationwide alerts)



90.5
90.8
92.5
100.7

'Kol BaRama' (alerts for your area)



92.1
104.3
105.3

alerts by broadcast area



Kol Hai
92.8 / 93.0 / 102.5

Gal Yisrael
89.3 / 94.0 / 106.5

Kol-Play
107.6

Kol 90
94.7

Radio Darom
101.5





Security, Safety & Environmental Department

Campus Security Center, Ramat Gan campus, Phone:
03-531-7171 or in an emergency 03-531-7777
Satellite phone 881-652460623 or 881-652460874

Campus Security Center, Zefat campus, Phone:
072-264-4910 or by satellite phone 881-652463035



חברת החשמל

Israel Electric Corp.
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Fire & Rescue
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MAGEN
DAVID
ADOM
IN ISRAEL



מגן דוד
אדום
בישראל

Magen David Adom
101



Israeli Police
100

ידידים
סיוע בדרכים

Roadside assistance
1230

איחוד
הצלה
UNITED HATZALAH

ארגון המתנדבים הלאומי

United Hatzalah
1221



Municipal hotline
109 Ramat Gan, 106 Zefat



Home Front Command
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