



Home Front  
Command

# Family Emergency Plan



# Family Emergency Plan

**Emergencies** can happen suddenly, with no advance notice; they cause people to run into difficulties and experience problems that they are not used to encountering in day-to-day life. Emergencies involve dangers that may disrupt the routine pattern of our lives.

In many cases, such a situation may force us to evacuate our home – or, on the contrary, may confine us to it.

In an emergency situation, the entire family must act as a single unit. Families can cope with such situations through advance preparation, cooperation and teamwork. Everyone in the family must bear reciprocal responsibility and must coordinate his/her actions with the other family members, supporting and being supported at once, and thereby giving others a feeling of security and strength. In times of emergency, we cannot be certain just when the rescue forces will arrive, and so – at least at first – we have to function on our own.

Experience in Israel and worldwide has shown that people who planned and knew how to deal with emergencies were able to take the correct measures and saved themselves, their families and those around them.

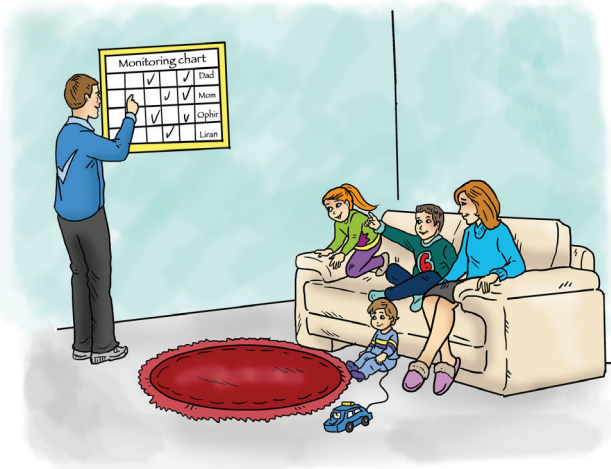
In order to know more about the emergency situations that threaten our area, it's a good idea to prepare a "Family Emergency Plan" in advance, during routine times, to give yourselves the tools to cope better with emergency situations in real time.

## The plan should include:

- A. A chart of the emergency situations that threaten our area.
- B. Ways of defending ourselves against threats.
- C. A list of duties for each family member, preparation of required equipment, etc.



**Remember:**  
knowing in  
advance what to  
do and how to act  
in every situation is  
the best defense.



Various kinds of emergencies can surprise us. That's why we should prepare for them in advance and make arrangements for them together, as a family. First, we have to know and define which emergencies might occur in our area.

**Think together: what kinds of emergencies might happen in and around the home:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

Naturally, discussing emergencies that might happen in our area can make us all feel a bit uncomfortable. After all, these are unpleasant events. **Talk about your feelings and express them.**

**Dear Parents:**

It's important to help your children understand the idea that emergencies can happen suddenly, with no advance notice.

Explain to them how emergencies can be dealt with, using your experience with such situations.

Tell your children about a past event, adapting the story to make it age-appropriate for them.

Tell about your experiences, what helped you deal with the event, how you dealt with it; share your feelings and the effect the emergency had on you.

Finally, talk about the end of the emergency and the return to routine.

**Here are a few questions to guide you:**

What do we feel when we speak of emergencies?

When we discuss emergencies among ourselves, to what extent does the discussion make us feel calmer?

What could happen to our family, to our home?

What can we do to cope with these kinds of situations?

What will happen if an emergency occurs nearby and we don't know what to do?



# Staying at home

In many emergency events, such as rocket and missile fire, our home will be the principal site of defense for us and our families. In such cases, we will have to stay inside the building (for more details on the threat posed by rocket and missile fire, see page 21 of the Student's Workbook).

In other emergency events, such as earthquakes or fires, staying inside our home is not a perfect solution.

## Rocket and missile fire

The principal threat to Israel's home front is rocket and missile fire. We must be prepared and ready for a situation where we hear the rocket/missile alert, in order to do what is necessary and avoid harm.

This is a map of defense areas, which can show you how much time anyone, anywhere in Israel, has in order to reach the secure space, from the moment the alert is heard and until the rocket falls.

Because the alert times are brief, they are likely to affect our selection of an appropriate secure space.

We should select our secure space today, during routine times.

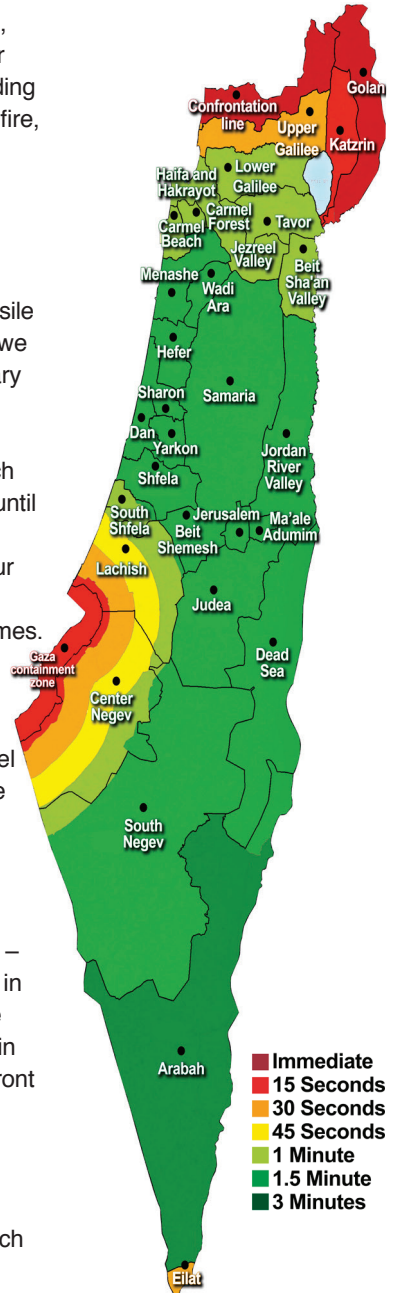
## Defense Map

The color on the map denotes the amount of time we have to reach and enter the secure space. The map divides Israel into regions, and each region is divided into sub-areas. The regions appear in different colors according to the time to reach the secure space; the sub-areas are numbered, with a different number for each area. The alert will be sounded by the siren system in the specific region, according to the number of the sub-area. (For example: the town of Gedera – which is light green and bears the number 268 – is located in the Ashdod Region.) When an alert is heard in Gedera, the caption "Ashdod 268" will be shown on the various media; in order to know how much time you have, go to the Home Front Command website.

## Answer the following questions:

Find the place you live on the Defense Map and mark it:

In the place we live, we have \_\_\_\_ seconds/minutes to reach and enter the secure space.



## How do we select a “Secure Place” in our home?

It is now clear that there is only a limited amount of time for our family to enter the secure space. Therefore, we have to select the most appropriate secure space.

### Instructions for behavior under rocket/missile fire:

**Inside a building** – go into the secure space in the apartment or on your floor or into a shelter and stay there for 10 minutes.

If you do not have a standard secure space, select a room in your home that meets the following criteria:

**Location of the room** – as internal as possible, with as few exterior walls as possible.

**Openings** – the room must have as few openings (doors and windows) as possible.

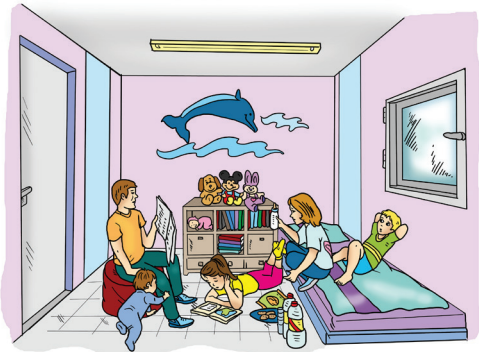
**Living space** – the room must be large enough for everyone living at home.

**Equipment/furniture** – the room should not have any potentially unsafe equipment in it, such as: glass doors, chandeliers, large wardrobes/cabinets, ceramic tiles, or anything that can fall on us or shatter during an emergency event. That’s why we must not select a bathroom, toilet or kitchen as our secure space.

**Media devices** – the room should contain various media devices, such as a TV, radio, phone, computer with Internet connection or wall socket.

For instructions for behavior under missile fire outside a building, or in the car, see page 22 of the Student’s Workbook.

For more details on the criteria for selecting a secure space, consult the Home Front Command website.



# Our Home

It's time to start thinking about our home, the number of rooms and what is in each of them. After a tour of the home and a family discussion, you will be able to select your secure space.

**Answer the following questions:**

## We live in:

A house with ground / an apartment building – on which floor? \_\_\_\_\_

How many people live in our home? \_\_\_\_\_

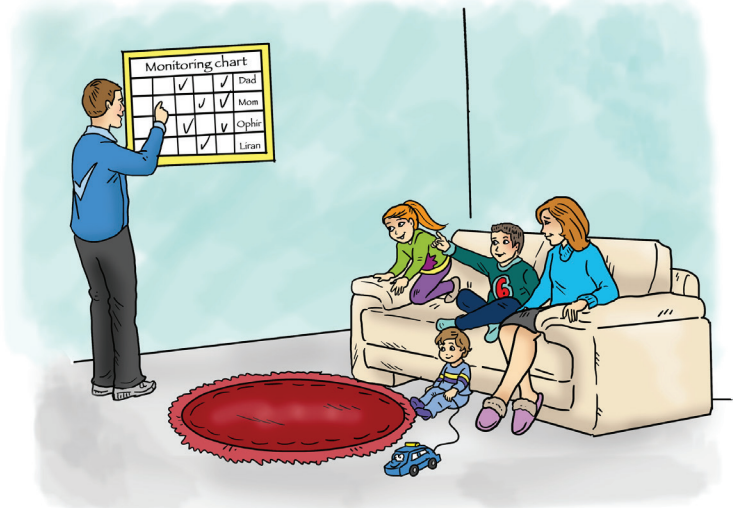
Is there a standard secure space or shelter in our home? \_\_\_\_\_

Are there alternative exits from our home? \_\_\_\_\_

If so, where? \_\_\_\_\_

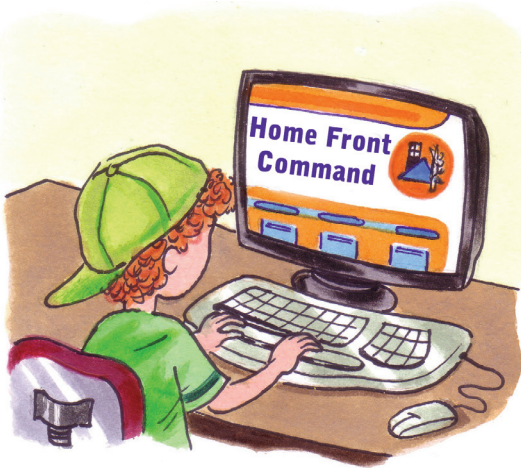
In emergencies characterized by shockwave or collapse, anything that can move, break, fall or cause a fire is hazardous. That's why it's important for us to familiarize ourselves in advance with the places in our home that are dangerous in an emergency, as well as the ones that are safe.

We have talked about the space inside our home, the safe and unsafe places in it; now tour the house/apartment and write down the advantages and disadvantages of each room in the following table – for example: a high bookshelf on a wall can be dangerous; a phone in the room can be very helpful.



**Please note:** The criteria for selecting a secure space are on the previous page; use them to help fill in the table.

Rooms in the house	Advantages of the room	disadvantages of the room
Living room		
_____’s bedroom		
_____’s bedroom		



**Please note:**



In most homes, there is no perfect room that complies with all five criteria. Therefore, you must select the room that complies with as many criteria as possible.

Now that we understand the important factors in selecting a secure space for incidents of rocket and missile fire and have examined all of the rooms in the house, it’s time to select a room that will be our secure space in time of emergency.  
 Our secure space is: \_\_\_\_\_

## Leaving Home

In certain emergency situations, we will have to evacuate our home. Evacuation means leaving a home or a certain area due to mortal danger that prevails in them and going to a safe place. This could happen at the time of a major fire, an earthquake and so forth. It's important to make plans in advance for the move to our new location, so as to save ourselves confusion and pressure during the evacuation.

**Think: where will the family be in various emergency situations and what might happen?**

Read a true story of a family that survived an earthquake and went through a lot to get back together again.

On Tuesday, January 12, 2010, I left the office at 4:30 p.m. On my way home, there was a major earthquake. Everything around me moved; trees fell and buildings shook. The first thing I wanted to do was get home and meet my family. When I reached the entrance to my neighborhood, I saw that the police had blocked the entrance. I was worried sick; I didn't know where my dear ones were - or how they were. I tried to think how I'd be able to find them. Unfortunately, we had never chosen a meeting place that we could use at such times. The phone lines were down and there was no cellular reception. It was important for me to know what had happened to my family members. I tried to think where they would be at such a time. My younger daughter had gone with my wife that day for tests at the hospital. Her older sister had been in school, but should already have been on her way home. My oldest son lives in the center of town; I didn't have a clue where he could be. On my car radio, I heard that the earthquake had caused great damage and that an emergency casualty center had been opened near my neighborhood. I went there at once. Among all the crowds of people searching for their dear ones, I found my oldest son looking for us. I was glad to see that he was OK. At the emergency center, we met some schoolchildren my daughter's age and asked them if they knew where she was. They said that many students from the neighborhood had gone back to the school building. My son and I went to the school. It took an hour to drive there; we found my daughter waiting at the gate. We were still worried about my wife and my younger daughter. The drive to the hospital, where they had last been seen, took several hours. When we finally got there, we found that the hospital had also been damaged by the earthquake; we were told that people had been sent to the emergency casualty center. We went back to the emergency center, where I found my wife and daughter. At long last, our family was all together again. If we had only thought in advance that such a thing could happen, we would have prepared for it. It was one of the hardest days of my life - but we were all together again, and, miraculously, none of my dear ones was hurt.



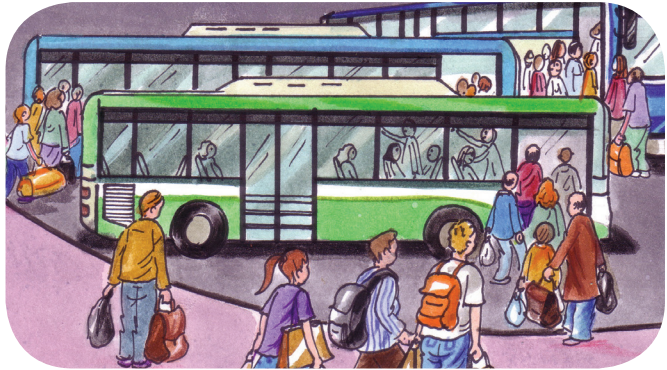


### Things to think about:

Sometimes family members spend time together at home – but at other times, they are scattered in different places and cannot get home in an emergency. The phones may not be working. In such a situation, it's a good idea to think in advance about meeting places.

#### Selecting meeting places:

If we had to choose meeting places for our family, one in our home area and one farther away (if our home area is at risk), we would choose the following places:



*Meeting place in our home area (for example, a friend's house in a nearby street or a playground):*

*Meeting place outside our home area (such as a park or school in the center of town, outside our neighborhood):*

Select a contact person through whom our family members will be able to contact each other by leaving messages with him/her. Think as a family: who is the most appropriate contact person (for example, a neighbor in the building who is at home most of the day or a friend who lives in an adjacent building).

*Contact details for our family's contact member:*

*Name:* \_\_\_\_\_

*Telephone number:* \_\_\_\_\_

*Additional number:* \_\_\_\_\_

# Earthquake

An earthquake is a natural phenomenon that occurs frequently all over the world, and it is quite likely that such an event could occur in Israel in the foreseeable future. We as a family must understand the risks of a sudden earthquake and should study the rules of behavior before it happens, so that we can be prepared for it.

## Rules of behavior during an earthquake

### If you are in a building

If you are in a building and feel the earth move under your feet, get to a safe place quickly – according to the following order of priorities:

Open ground – if you can get out of the building in seconds, go outside to open ground. (This is especially suitable for people in a one-story building or on a lower floor.)

### If you cannot get out of the building quickly –

Go into the secure space. Leave the door of the secure space open.

### If you cannot get out of the building quickly and there is no secure space –

Go into the stairwell; if possible, proceed downstairs to the exit from the building.

### If you cannot do any of the three things listed above –

Take shelter under a heavy piece of furniture, or sit on the floor near an interior wall.



**Please note:** An explanation of earthquakes and the rules of behavior if you are in a car or outside a building appears in the Student's Workbook, on pages 60-61.



*When an earthquake happens, the most secure place for us as a family (when we are at home) is: \_\_\_\_\_*

# Utility Connection Points in the Home

In emergencies involving the outbreak of fire or damage from shockwave or collapse, the risks resulting from gas or water leaks or possible electrocution increase.

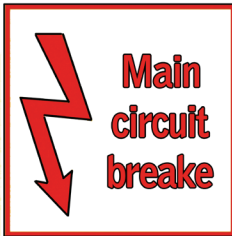
In such cases, we have to shut off the gas, water and electrical power supply, to keep things from getting any worse. It's important for us to know in advance, during routine times, where each of the taps and circuit breakers are. If possible, these actions should be performed by an adult; still, it's important for all family members to know where they are, so as to be able to direct the adult to their location.

**Tour your home and write down where each of the following is:**

Main circuit breaker

\_\_\_\_\_

\_\_\_\_\_



Gas tap

\_\_\_\_\_

\_\_\_\_\_



Main water tap

\_\_\_\_\_

\_\_\_\_\_



**Please note:** The water, electricity and gas should only be shut off if system damage is suspected or if instructed to do so by the rescue forces. Once the main gas tap has been closed, it may only be reopened by an expert.

# Emergency Equipment

In time of emergency and after a disaster, essential services that operate during routine times, and that we think will always be there – running water, heating/air conditioning, phones, etc. – might not be available.

Following is a recommended list of basic equipment and supplies that should be stored in the secure space.

The equipment and supplies below are intended for evacuation as well as for a forced stay indoors (except firefighting equipment)

Equipment required	Is the item already in the home?	Where is it stored at home?
Photocopies of personal documents		
Media devices: radio/phone/TV/ computer		
Water		
Food in sealed packages: canned food, snacks		
List of phone numbers		
Emergency lighting/flashlight and batteries		
First aid kit		
Things to pass the time and make your stay indoors easier: games, magazines, books		
Essential medications		
Emergency bag		
Change of clothing		
Money		
Firefighting equipment (to be kept in the secure space)		



## Division of Duties for Household Members

Preparing for emergencies during routine times includes the division of duties among all members of the family. A proper division of duties will help our family deal better with the emergency. It will make things orderly, reduce pressure and provide a sense of control.

**Divide the various duties among the household members in an orderly manner. Make sure every member of the household has something to do.**

Duty	To be performed by
Handling objects likely to be dangerous in times of emergency. (For example: refrigerator – wheels should be locked; shelf with objects that might fall down in the secure space)	
Shutting off the main gas tap during a fire at home	
Equipping the secure space according to the list of equipment and supplies	
Making a list of emergency phone numbers (hint: use the list at the end of the booklet).	
Telling all family members the location of the secure space to be used in rocket and missile fire emergencies	
Telling all family members the location of the most secure area to be used in earthquake emergencies	
Who will prepare an emergency bag in case we are evacuated? Who will carry it?	
Turning on the media devices in the secure space (radio, TV, etc.)	
Contacting family members to let them know how the other family members are	
Bringing pets into the secure space/carrying pets during evacuation	



**Please note:** Each family member should have at least one or two duties.

# Our Neighbors and Ourselves

Various circumstances, in time of emergency, might make it impossible for the rescue forces to get to where we are and help us. Our neighbors will certainly be there.

They're the ones who will be able to help us first – and we can help them, too. That's why cooperation with the neighbors is essential and might save lives and property. We should know our neighbors' special needs – whether they are handicapped, elderly, have small children, and so forth. That way, we can help them when necessary. In the same way, we should know our neighbors' capabilities, so we can ask them for help as the specific emergency requires.

**Think and answer the following questions:**

## Who are the neighbors who can help us in times of emergency?

Fill in the table according to the neighbors who live near you.

how can we help	Address (street and house number, apartment number)	Profession	In what kinds of emergency can he/she help us?	Neighbor's name

## Which neighbors might need help and how can we help them?

Neighbor's name	Address (street and house number, apartment number)	Why does he/she need help	How can I help

To make sure you can help residents of your building prepare for various emergency situations, information sheets about preparing for emergencies, including rocket/missile fire and earthquakes, may be posted on the bulletin board in your house or apartment building. Those information sheets appear in the Student's Workbook or on the Home Front Command website.

# Our Pets in Times of Emergency

## During routine times

- Plan in advance where you intend to stay if you are asked to evacuate, and check in advance whether you can bring your pets there with you.
- Make a list of shelters and vet clinics in your area that can shelter your pets in an emergency.
- Make sure each pet is wearing a collar with your family's identifying details on it. Keep an updated picture of each pet with you.
- Prepare an equipment kit for each pet in advance, including: food, water, a first aid kit and other required equipment.
- Make plans for a situation if you have to be away from home in time of emergency. Make sure someone will look after your pet and will even evacuate it if necessary.

## In time of emergency

- When you go into the secure space, take your pets in with you and make sure there are food and water for them.
- If you are evacuated, do your best to take your pets with you. If the situation is dangerous for you – it will be dangerous **for them too**.



## Save the Situation

After the work you did, check to make sure you have prepared yourselves and your families properly for emergencies.

1. The following table describes emergency situations that could happen in day-to-day life. If they do happen, you will have to act quickly and call for help. Fill in the table according to the emergencies described. Use the phone numbers listed on page 18.

What happened?	Whom should we call?	What's the number?
A fire broke out on the ground floor of our building	Firefighters	102
The neighbor fell down the stairs and twisted his ankle		
A Lag b'Omer bonfire spread through a field of dry brush near the houses in your neighborhood		
We were playing soccer in the playground and suddenly there was an earthquake		
Someone left a bag unattended at the bus stop		
A tree fell and blocked the entrance to the street		
A rocket fell near a school in town		
We need to find out how to protect ourselves during a rocket/missile attack		
Gas leaked out of the central gas tank in our building	Gas company	
A pedestrian was hit by a car		

2. Now that you have studied the characteristics of the secure space, name and describe the secure space in your grandparents' (or another relative's) house. Call them and tell them about your suggestion!

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3. What will you do if you are having dinner with your family on the ground floor of a restaurant and you suddenly feel an earthquake?

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# Things to think about

**1. To what extent do you feel more prepared for emergency situations?**

Very slightly	Slightly	Moderately	Definitely	Quite definitely
1	2	3	4	5

Comments: \_\_\_\_\_  
 \_\_\_\_\_

**2. To what extent do you feel that your family is prepared for emergency situations?**

Very slightly	Slightly	Moderately	Definitely	Quite definitely
1	2	3	4	5

Comments: \_\_\_\_\_  
 \_\_\_\_\_

**3. To what extent do your family members know where the secure spaces for various kinds of emergency are?**

Very slightly	Slightly	Moderately	Definitely	Quite definitely
1	2	3	4	5

Comments: \_\_\_\_\_  
 \_\_\_\_\_

**And now just for you, students in 5th grade:**

**1. To what extent do you feel you will be able to help your family or those around you in an emergency situation? How?**

Very slightly	Slightly	Moderately	Definitely	Quite definitely
1	2	3	4	5

\_\_\_\_\_  
 \_\_\_\_\_

**2. To what extent do you feel you have helped your family make a Family Emergency Plan that will help you in the future?**

Very slightly	Slightly	Moderately	Definitely	Quite definitely
1	2	3	4	5

\_\_\_\_\_  
 \_\_\_\_\_

**If you have any additional questions, ideas or comments,  
 the phone number of the Home Front Command is 104**

## Clip It and Keep It!

Emergencies can happen when our relatives are not with us – so it's important to know how to contact them when we need to.

**Fill in the following table and write down the phone numbers of people important to you.**

Name	Phone number	Comments
Home phone		
Dad – cellphone		
Dad – work phone		
Mom – cellphone		
Mom – work phone		
Brother		
Sister		
Grandparents		
Aunt and uncle		
Closest neighbors		
School		
Family doctor		
Other important numbers:		

Organization	Phone number	Website
Police	100	<a href="http://www.police.gov.il">www.police.gov.il</a>
Magen David Adom	101	<a href="http://www.mdais.org">www.mdais.org</a>
Firefighters	102	<a href="http://www.102.gov.il">www.102.gov.il</a>
Municipal emergency call center	106/107/108	
Information Center – Home Front Command	104	<a href="http://www.oref.org.il">www.oref.org.il</a>

Just For You

## CERTIFICATE OF EXCELLENCE

This certificate is issued to:

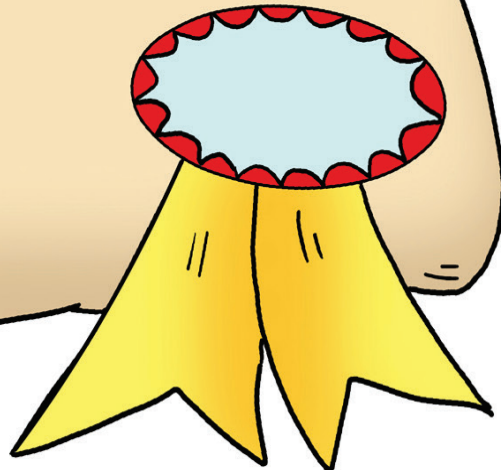
the \_\_\_\_\_

**Family**

for its participation in preparing a Family  
Emergency Plan,

for its preparedness for emergency situations  
we might encounter,

for preparing the family during routine  
times to cope in the hour of truth.



# We all take command

