

WINTER IN EFRA

Clean gutters, check that the drains are working.

Make sure there are no objects outside that may fly in the wind. Clear roofs & balconies from unnecessary objects.

Do not leave fire and heaters unsupervised. Make sure your heaters are safe and secure.

Drive carefully, slow down near schools and preschools.

Make sure you have emergency supplies – food, water, emergency lighting, blankets and warm clothing.

BE PREPARED FOR POWER OUTAGES

Backup cell phone chargers and car chargers. During a power outage save electricity by using one cell phone at a time.

If you use an induction stove, make sure to equip yourself with a small gas stove / cooking method that does not use electricity.

If you use electric heating, equip yourself with alternatives such as a diesel stove, heat packs, and suitable blankets.

Prepare emergency lights, flashlight, batteries, candles and matches in a safe but accessible place.

In the event of a lengthy power outage, we are prepared. We will open a location where you can use and receive: **Electricity** – for charging mobile phones, heating water and food. **Information** - instructions, updates and inquiries. **Protection** - a warm space for seniors, children with special needs, and medical support.

Be sure to have a full tank of gas in order to charge mobile phones or use heat.

PSYCHOLOGICAL FIRST AID IN STRESSFUL AND EMERGENCY SITUATIONS TO REDUCE ANXIETY AND INCREASE RESILIENCE

MAASEH MODEL

Focused Communication - approach and connect to the individual in distress in the position that they are in (sitting, standing, walking). Introduce yourself and inquire about his/her name. Assure them that you are here with them and emphasize your commitment by staying by their side.

Encouraging Activity - If the victim responds, encourage them to engage in a productive activity. However, if there's no response to your attempts at communication, initiate hand squeezing at a steady pace, and gently prompt them to squeeze your hands in return. Once they respond by squeezing your hands, assist them in getting up and gradually begin walking with them. Then encourage them to participate in an activity. In cases where the victim is overwhelmed (pacing or running), join them and clearly direct them where to go. Offer simple tasks for them to perform, presenting 2-3 options for them to choose from.

Questions that Require Thought - Pose simple and closed questions such as: "How old are you?" "How long have you been here?" You may present questions with choices: "Would you like to call someone or speak with your teacher first?" Or ask questions regarding the incident: "How many children were in the car during the accident?" "What are their names?"

Building a Sequence of Events - Outline the event in chronological order based on factual information: What happened, what's happening now, and what is expected to occur in the next few minutes. Emphasize that the threatening event is over and not reoccurring.

ALWAYS HERE FOR YOU – EMERGENCY CONTACT NUMBERS

*5436 Efrat Hotline	100 Police Dept.	101 Magen David Adom	102 Fire & Rescue	103 Electric Company	104 Homefront Command	1201 Eran – Emotional Support Hotline	1-800-363363 Natal – social and emotional support for trauma victims	02-99-39378 Etzion Resilience Center	02-99-39370 Department for Social Services
---------------------------------------	------------------------------------	--	---	--	---	---	--	--	--

LIFE SAVING INSTRUCTIONS

MISSILE FIRE

When you hear a siren that goes up and down.

You should enter a **protected space** immediately, and **lock the door and window**.

You may exit the protected space 10 minutes after the last siren.

TERRORIST INFILTRATION

In addition to the siren you will hear an announcement of **terrorist infiltration**. (in Hebrew)

Lock doors & windows.

Turn off lights.

Enter a **protected space** and lock the door and window.

Wait for further instruction from the council's media channels.

EARTHQUAKE

During an earthquake you will feel the ground underneath you moving.

Keep your cool and act quickly.

Go to an open space immediately.

If you cannot leave the building enter the protected room and leave the door and window open.

If you do not have a protected room - go out to the stairwell. If you cannot follow the above sit in the inner corner of the room and protect your head with your hands.

Do not use an elevator during an earthquake & after, do not stand under a door post & do not enter an underground safe room.

Distance yourself to the best of your ability from buildings, trees, electric cables & items that might fall and cause harm.

EMERGENCY PREPAREDNESS GUIDE

Dear Residents of Efrat,
While many emergency situations catch us off guard, being prepared through training and routine learning equips us to navigate uncertainty effectively. We've gathered directives from the Home Front Command along with crucial information for diverse emergency scenarios. Please store this information in an easily accessible location.
Stay informed: In times of emergency, we'll provide updates through the council's communication channels, keeping you informed with evolving instructions.

Wishing you tranquil days ahead,
The Public Information Team

ESSENTIAL EMERGENCY SUPPLIES

Food & Water.

Medication.

Phone charger.

Flashlight.

Radio & batteries.

Toys for children.

EVACUATION BAG

Essential Documents, photocopy of ID, license, and medical card.

Medications & prescriptions.

Money.

Clothing.

Personal care products.

Cell Phones and backup chargers.

Baby food and other essentials.

