



## Your Guide for Emergencies

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“Preparedness is the most important step towards protection”

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War is against human nature because it leads to casualties, destruction and poverty, and spreads fear and unrest among all people. Nations are not war-inclined by nature, but rather tend to avoid war by all means. For this reason, they attempt to find peaceful solutions to any disputes arising among them, particularly when the disputes involve a party that looks towards the lands and riches of others.

Hence, no matter the reasons or motives, wars remain an exceptional case for humans, just like surgical operations. Disputes should be resolved by dialogue and resorting to justice.

But with wars and armed conflicts becoming widespread around the world, many countries might not be spared.

When a catastrophe occurs, it occurs without warning, and may affect each and every person and their daily lives. Besides the casualties and the destruction they leave behind, wars lead to shortage of basic goods and services.

For this reason, all countries resort to emergency measures to help provide their people with their basic necessities so that life continues as normally as possible. However, your chances of survival might be badly affected if you are not acquainted with such measures.

### **War emergencies**

... To tell you the truth, there is no need to pass through unnecessary hardships, because emergency measures for facing wars are quite easy to understand and follow. If you get acquainted with them as from today, you will surely be prepared for the worst. All you have to do is take part in these measures and get acquainted with them whenever the National Emergency Crisis and Disaster Management Authority organises emergency drills in your area.

## Water distribution

- In case of failure in water installations, water distribution points will be established next to your place of residence.
- Bring containers to the nearest water distribution point and store water in an organised manner.



## Food rationing



### Step 1/ Notification of registration

- With respect to government services: Upon registration, you will receive a notification of registration.



### Step 2/ Ration cards notification

- Enclose with the notification your family documents (birth certificates) and submit them at the designated registration centre.



### Step 3/ Registration centre

- Indicate in the registration form the names and civil register numbers of all your family members on each card.



### Step 4

- Use the ration cards to buy rationed food at authorised retail outlets.

## Gas rationing



### Step 1/ Notification of registration

- With respect to government services: Upon registration, you will receive a notification card.



### Step 2/ Application centre

- Submit this card along with your civil register to the designated application centre.



### Step 3/ Gas cards

- Receive your gas cards.



### Step 4/ Using gas cards

- Use the gas cards for your gas needs.

## Blood donation



### When you hear an appeal for blood donation:

- Head to the nearest blood donation centre and register.



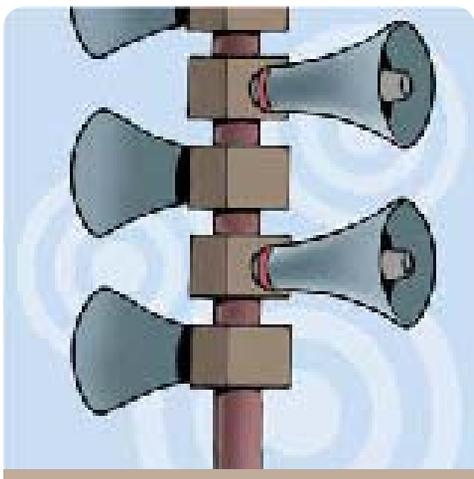
### What you must bring:

- Bring along your ID, medical card and registration card... From there on, the doctor or nurse will take care of you.

## Public Warning System

The public warning system is a network of sirens placed by the National Emergency Crisis and Disaster Disaster Management Authority or the Civil Defence in strategic areas all over the country. This system aims to warn people of any imminent threats that might endanger their lives or properties. The public warning system will be used to warn of air raids, land or sea attacks as well as natural or human disasters. The below table shows the meanings of the different signals that should be preferably memorised.

Public Warning System		
Signals	Situation	Meaning
“Warning”	Sent in case of danger at national level, announced by the competent authorities	Move to the shelter immediately or to the previously selected area
“Out of danger”	Sent when the threat abates	Could go home
“Important announcement”	Sent to inform people to listen to the media for an important announcement	Listen to any local radio immediately or any other means available



**P.S.: When need be, you can call the competent authorities (Emergency or Civil Defence) on 999.**

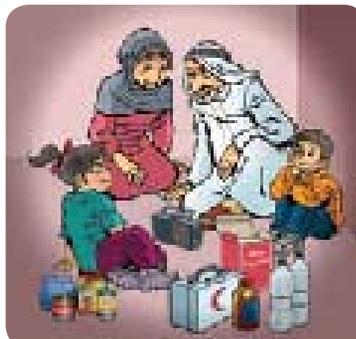
## Providing, setting up and protecting shelters

Shelters set up by the Civil Defence and other competent authorities take the form of houses or public shelters. Their aim is to protect people from injuries caused by weapons during a state of emergency in times of war.

### There are four types of shelters:

- Home shelter, i.e. the shelter within a single residential unit.
- Floor shelter, which is similar to the home shelter, but is bigger in size and located in a common area on each floor of the building.
- Floor staircase shelter, where the inner fire escape staircase is transformed into a shelter.
- Public shelter, which is built in a public complex (such as the metro station, a residential complex, a school, a mosque, a community centre, a government building or an underground public parking).

In a state of emergency in times of war, NCEMA will inform people of the protective measures to be taken.



### Use the shelter/ home

- In case you are at home in a state of emergency... stay put, remain calm and use the home or floor shelter if available.
- For residential units with no home/ floor shelters ... follow the instructions issued by the competent authorities in due time, to develop covers at home using the available materials or furniture. Such covers can provide some protection against rubble and shattered glass.



### Head to the nearest public shelter

- In case you are outside your house when the public “warning” signal is heard... hide in the nearest public shelter, in the vestibule of a building or in a covered passageway (pedestrian tunnels).

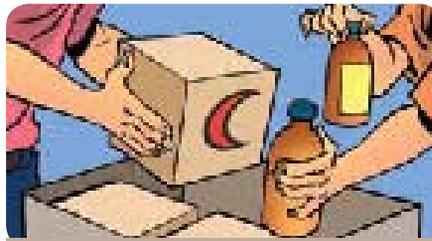
## Setting up home shelters

In a state of emergency, NCEMA will notify the people of the need to be prepared to set up shelters in their homes. These measures include:

- Temporarily removing all the installations and shelves in the house.
- Closing air vents.
- Providing the shelter with a phone line, a television or radio, a torch that works on batteries, etc.



Close all gas and water sources as well as all vents from which dust can leak.



Bring basic necessities such as water and medicines (if need be) to the shelter.



Head quickly and calmly to the shelter.



Stay away from walls and doors in the shelter and do not lean against them.



Listen to the radio or television to follow any important announcements from authorities.



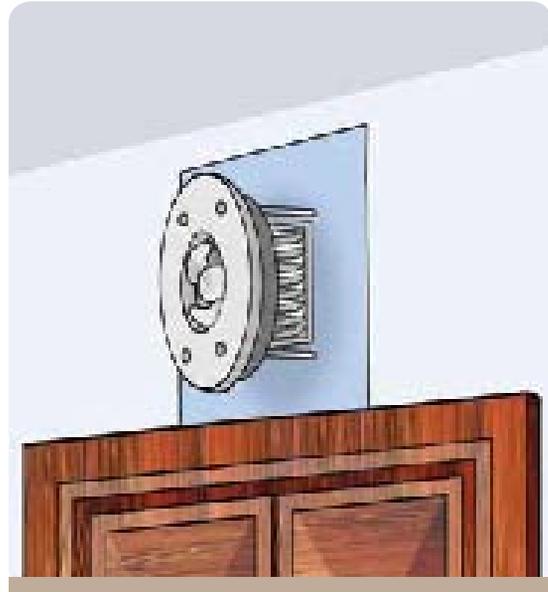
When you hear the “end of emergency” signal, you can leave the shelter and return to your normal daily life.

## Dealing with air vents

Besides the lighting, electricity, telephone, television and radio openings, there are two air vents in the wall of the shelter.

### In a state of emergency in times of war:

- Seal the air vents with steel boards to ensure that the air is confined inside the shelter to protect you and your family from inhaling any pollutants from outside.
- When the air is confined, you can remain relatively comfortable inside the house shelter for several hours. The actual survival duration depends on many factors such as the age, gender and physical condition of the persons in the shelter.
- Vents can be sealed by fastening the steel boards using the usual home tools. If in the future, in a state of war emergency, you need to stay for a longer time in your home shelter or if the shelter has to accommodate more people, these vents will provide a way for introducing fresh air and removing polluted air by installing the suitable equipment to be specified by the Civil Defence, when need be.



### In times of peace:

The air vents provide air for the daily use of the home shelter.

Leave at least 25% of the total air vent uncovered, to prevent anyone that accidentally gets stuck in the shelter from suffocating. This condition is set in the “authorised and unauthorised works” list found on the inside of the home shelter door.

## Setting up public shelters

In case you are outside your home when you hear the “warning” signal, search for the nearest shelter. In case there are no public shelters nearby, head to an underground shelter (such as the vestibule of a building, a tunnel or a pedestrian tunnel), and stay away from windows or glass panels. If you do not find any such shelter nearby and/or you cannot reach it within minutes, search for an underground rainwater drainage or electric cable hole or any covered place, or lie down in a trench.

To identify public shelters, pay attention to the signs indicating their locations. Information on public shelter locations is available on the website.



- Move promptly without pushing others, and follow the instructions given by the persons in charge.



- Move with your family to avoid any worrying, and help persons with special needs, children and elderly people.



- If you are driving a car, stop on the side of the road, lock your car and head to the nearest shelter.



- If you are not close to a shelter, take cover wherever you are (such as in a pedestrian tunnel).



- Do not bring along bulky or flammable objects to the shelter.

## Heading to public shelters



- Enter the shelter directly and do not block entrances or passageways.



- Stay with others and do not roam around.



- Remain calm and listen to the instructions issued by Civil Defence officers or to the radio or the television.



- Do not light any cooking fire.



- If you face any problems, inform the persons in charge.

## Leaving public shelters



- Leave the shelter only when ordered to do so by the competent authorities.



- Move with your entire family, be patient and do not push others or run.

## Taking shelter in open spaces

How do you act if you happen to be outside your house when the “warning” signal is heard?

If you happen to be outside your house and you hear the “warning” signal, run to the nearest public shelter or hideaway such as the vestibule of a building, a tunnel or a pedestrian tunnel. In case none of these facilities are found nearby, or if you are unable to reach them within minutes, search for and try to reach the following places: trenches, water drainage canals or open sewers.



## Preventing damage

Although we cannot control the use of weapons such as bombs and projectiles that cause damage, there are several precautionary measures that can be taken to prevent, or at least minimise, their effects.

### Protecting glass roofs

- Support all glass roofs using adhesive tape, to prevent their shattering. Windows can be left open.
- Remove anything hanging on the walls or placed on shelves, windows or balconies.



## Defensive Precautions

### Blackout measures

Although blackouts do not prevent enemy air raids or bombings, they can diminish their chances of success by affecting their capacity of determining and identifying targets. In such cases, follow the below instructions:



- Turn off all external lights.



- Cover all passages of internal lights, such as windows and doors using curtains and other means.



- Dim your car lights to a minimum by covering them with black tape and leaving only a small part uncovered.

UNITED ARAB EMIRATES  
THE SUPREME COUNCIL FOR NATIONAL SECURITY  
National Emergency Crisis and Disasters  
Management Authority



الإمارات العربية المتحدة  
المجلس الأعلى للأمن الوطني  
المهنة الوطنية لإدارة الطوارئ  
والأزمات والكوارث



البرنامج الوطني التطوعي  
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**United Arab Emirates**

**The Supreme Council for National Security**

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