What should you do when there is a siren?



תרגום לאנגלית גבריאלה סטיל Attach a photo of the child

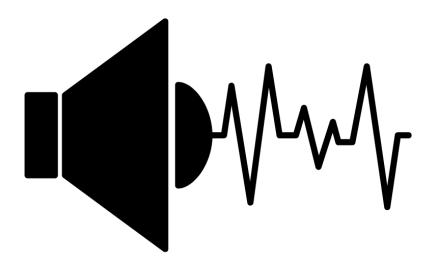
This is me. My name is_____ and I live in _____ in Israel.



Sometimes there are wars in Israel. And then rockets are launched over Israel.



Rockets are very dangerous. They explode and can injure people and cause damage.

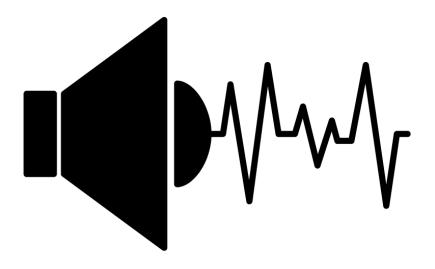


Therefore, whenever a rocket is launched, sirens are sounded to alert people to find shelter.



A siren is a sound that you hear with your ears. Sometimes the siren is very loud and sometimes quieter.

The sound the siren makes is a special sound that goes up and down.



What should you do when you hear the siren?



When you hear the siren you STOP what you are doing!



Then you go quickly into a safe room.

What is a safe room?

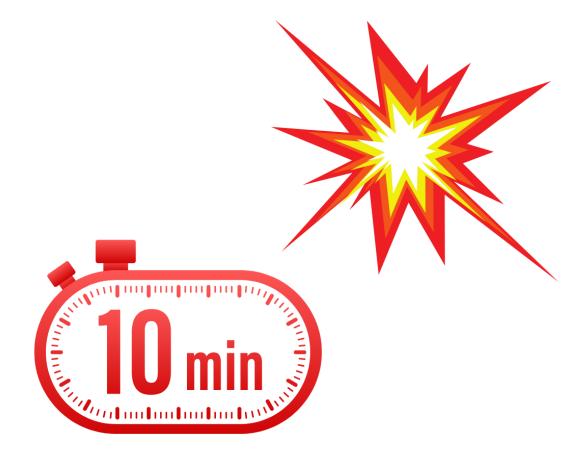
This is a room that keeps us safe from the rockets.





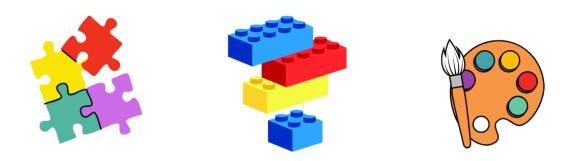


This room can be a bomb shelter or a safe room in your home. If you don't have either of these then you can go into the stairwell in your building.



You must wait in the safe room until you hear a loud "boom" sound. Then wait for 10 minutes before you leave the room.





After 10 minutes have passed you can leave the safe room and continue doing whatever you were doing before the siren.



What should you do if you hear the siren but you are not at home? Then you should go into a nearby building.



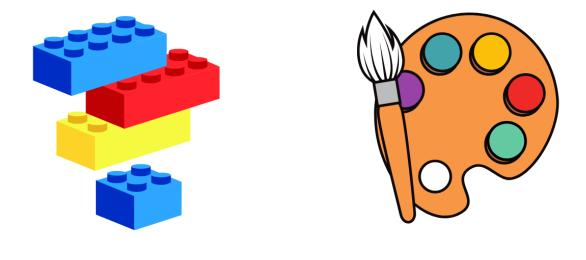
If there is no building nearby then you should lay on the floor and put your hands on your head.



If you are in the car then get out and make your way to a nearby building or lay on the floor.



When there is a siren sometimes you may feel afraid and sometimes you may feel shocked which is okay.





What might help me to relax?