



Terrorism refers to the violent acts that are intended to create fear. There is no definite way to avoid terrorism, but taking precautions can decrease your chances of being caught up in an attack. Where ever you are, your assistance is needed to prevent terrorist attacks. This Tips covers information on how to stop terrorism from happening to you and other people:

➤ Personal Security:

Travel with others. Travel with others and make sure that somebody always knows where you'll be. Solo traveling means you might be more easy to be targeted, and that others might not realize you're in trouble as quickly.

Avoid touristic and busy areas. Places popular with foreigners and tourists are common places for an attack to happen. Areas quiet and rural are unlikely for an attack to happen.

Avoid Police or Military forces locations, and crowded gathering places e.g. (Churches, Mosques)

Learn safe places to go. Familiarize yourself with:

Hospitals

Schools

Police stations

Fire stations

Hotels

➤ During an Attack:

Lie flat on the floor. Rest on your stomach and try to protect your heart and head.

Try to get behind solid objects. Find the best place for protection from gunfire and ricocheting bullets.

Stay calm and still until danger passes You can be at ease knowing that most terrorist attacks don't go as planned.

When you have to move, do so on your stomach. Try to not make noise and move calmly.

Once it is safe, leave the area immediately and do not stop for any reason. Hold your hands above your head to show you are unarmed and uninvolved in the attack.

Fire Safety Tips

Eliminate hazards

- Keep space heaters away from anything that can burn
- Store all flammable materials away from heat
- Don't let trash accumulate in attic , basement or garage
- Don't run extension cords behind rugs or curtains
- Use fuses, circuit breakers and appliances with and appliances with UL (underwriters Laboratory) seal only
- Don't overload circuits

Fire prevention

- Keep operational fire extinguishers handy
- Install and maintain smoke detectors

Develop escape plan

- Develop and memorize escape route
- Assign responsibility for evacuating infants , elderly and infirm
- Choose meeting place outside the building
- Keys must be easily accessible
- Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

During a fire

- Leave personal belongings behind
- Don't go back for any reason
- If clothing catches fire stop, drop and roll
- In dense smoke crawl on floor to nearest exit

Personal Safety Tips

WALKING

Walk with someone. Most attackers will be discouraged if you have company - male or female.

Avoid dark, deserted areas, stay in well-lit areas.

Avoid shortcuts through parks, vacant lots and other deserted places.

Hold your purse close to you, not dangling. Never set it down on store counters, restaurant seats or bus seats.

If a driver stops to ask you directions, avoid getting too close to car - you could be pulled inside.

DRIVING TIPS

If you're being followed don't drive into your driveway or attempt to leave your car. Drive to the nearest police station or open crowded to ask for help.

If you're having car trouble, raise the hood, and stay inside with the doors locked. If strangers stop, ask them to report your predicament to nearest service station. And remember - a cell phone makes sense when you are traveling any distance alone.

Keep your purse and other valuables out of sight - under a seat or in the glove compartment

Always park in well-lighted area, if you plan to arrive/leave after dark.

Personal Safety Tips

- Lock your vehicle every night and keep all personal property indoors. This includes your keys.
- Keep garage doors closed and locked to avoid access to your residence and property.
- Install lights around the exterior of your house for evening/night time hours. If you do not want to leave lights on for extended periods of time, install motion sensor lights.
- Install an alarm system in your house, and use it.
- Keep all doors to your residence locked, even while you are inside or outside your residence. It is possible that while you are distracted in your backyard, someone may enter your home through an unlocked front door while you are preoccupied.
- Do not keep spare keys in the immediate vicinity of your residential entrances.
- Install a peephole in your door.
- Install deadbolt locks.
- Put jewelry and valuables in a locked safe with the code in a separate location. Be sure the safe is too large or heavy for someone to carry.
- Keep blinds/curtains closed at night. It is easy to view inside a lit residence, especially when it is dark outside.

Tips for a Safe home Environment

Keep Emergency Exits Easily Accessible

In case of an emergency, you'll need quick, easy access to the exits. It's also recommended to keep clear access to equipment main shutoff power in case you need to quickly stop them from functioning (kitchen) .

- **As you walk**, keep an eye on the floor in front of you for spills
- **Wear nonskid shoes**, when you are in kitchens, outdoors, or any other place where you will commonly be walking on slippery surfaces.
- **Fire extinguishers**, Know where all the fire extinguishers are throughout your residence and know how to use them.
- **Get some training**, and learn how to identify hazards, manage risks and do the job safely before you start.
- **Learn** what to do and where to get help in case of an emergency situation.
- **Always follow** the safety rules and procedures.
- **Home safety**, check the home for potential hazards such as rugs, loose carpets, furniture or objects lying on the floor.
- **Keep objects in easy reach**, If something is going to be used regularly, keep it in a cupboard or drawer that is easy to access.
- **Try not to rush**, do things at an appropriate pace; many people fall when they are rushing.