



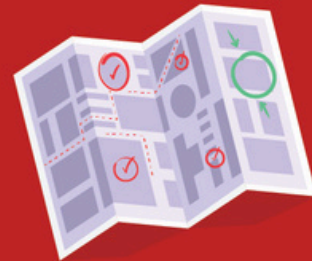
KEY MESSAGES IN CASE OF CONFLICTS



1 PREPAREDNESS FOR CONFLICTS



Prepare an emergency and first aid kit and keep it in an easily accessible place.



Develop a plan with all household members about what to do during times of danger. Agree on evacuation routes, shelter locations, and communication methods.



Always rely on verified information from official authorities.

2 SAFE BEHAVIORS DURING CONFLICTS



If you are in danger, move away from the area to safe location.



If an explosion occurs near your car, leave the vehicle and stay low.



If you are indoors, and you hear gunfire or explosions, stay low and move away from windows and exterior walls.



Avoid using elevator unless instructed otherwise.



Do not touch or move suspicious objects.



If someone is injured, call for help. Provide assistance only if you are trained in first aid and it is safe to do so.



Avoid sharing unverified messages, voice notes, or videos.



Remain calm and use breathing exercises to manage stress.

LEBANESE RED CROSS

140

CIVIL DEFENSE

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INTERNAL SECURITY FORCES

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BEIRUT FIRE BRIDAGE

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