



The Keep Your  
Community  
Safe Initiative

# STAY SAFE IN ISRAEL

## Personal Safety 101

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## HOW TO PROTECT YOURSELF DURING THIS WAVE OF VIOLENCE

**REMAIN** alert and always be aware of your surroundings. As a last resort, be prepared to defend yourself in a hostile situation. Think strategically and use whatever is accessible to protect yourself (e.g. keys, pens, chairs, fire extinguishers).

**PURCHASE** pepper spray and learn how to use it. Review local laws, age restrictions, and restricted carry areas (e.g. airplanes).

**WHILE** on a bus, train, or on the street, “If You See Something, Say Something™.” If you notice a suspicious individual or suspicious behavior, immediately notify the driver and nearest soldier or police officer, and anyone near you. Trust your instincts and report your concerns. Better safe than sorry.

**CARRY** a charged cellphone with you at all times.

**STORE** emergency and important phone numbers on your cell phone. Memorize these numbers as well: Police 100, Ambulance 101, Fire 102, and Hatzalah 1221.

**VISIT** <http://sos.nowforce.com> to download the free SOS app for use in Israel. When used, it sends out a distress call to police, Hatzalah, and your emergency contacts. It also tracks your location.

**MAKE** sure you have proper medical insurance.

**FOLLOW** your school’s safety rules and travel guidelines.

**ALWAYS** inform people where you are going and when you will return.

**DO** not enter an area that is closed due to security concerns. Leave the area immediately.

**WALK** on the sidewalk, facing oncoming traffic, if possible. Be alert to vehicles driving erratically, especially at bus and train stations (e.g. not yielding to street signs, barriers, or crosswalks, swerving or speeding).

**AVOID** walking alone, especially at night. If you must walk alone, call a friend and stay on the phone. However, you must remain aware of your surroundings until you arrive at your destination.

**TRY** to use taxis from Jewish companies only and do not use buses or trains that travel through dangerous neighborhoods.

**ALWAYS** keep your apartment or dorm rooms and windows locked. If possible, keep “exterior doors” locked as well. Do not allow anyone (delivery/repair men, strangers, etc.) to enter unless they are identified or vouched for.

**TAKE** basic self-defense, CPR, and First Aid courses. Request that your school host these courses for students.



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