

Key Areas to Practice

1. Emergency Communication

Effective communication in the UAE depends on:

- Monitoring official alerts and guidance from:
 - National Emergency Crisis and Disaster Management Authority (NCEMA)
 - National Center of Meteorology (NCM)
 - Police and Civil Defense
- Identifying a primary and backup communication method (calls, SMS, messaging apps)
- Selecting an out-of-area emergency contact
- Keeping emergency numbers accessible (999, 998, 997)

Tip: Text messages often work better than voice calls during emergencies.

2. Evacuation Procedures

Practicing evacuation is critical during events such as:

- Flooding or heavy rain
- Fires
- Hazardous material incidents
- Large-scale emergencies

Practice should include:

- Knowing all emergency exits at home, school, or work
- Identifying multiple evacuation routes
- Establishing a safe and familiar meeting point
- Practicing evacuation at different times of day

Important: Never attempt to drive or walk through flooded roads.

3. Shelter-in-Place Procedures

Some emergencies require staying indoors, such as:

- Severe sandstorms
- Extreme heat events
- Poor air quality conditions

Practice includes:

- Identifying a safe room within the home or workplace
 - Knowing how to seal doors and windows if required
 - Locating emergency supplies
 - Following official instructions via trusted channels
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4. Roles and Responsibilities

Each person should clearly understand their role:

- Who assists children, older adults, or people with disabilities?
- Who carries the emergency kit?
- Who communicates with relatives or authorities?
- Who takes care of pets or service animals?

Clear roles reduce delays and confusion.

5. Emergency Supplies

Practicing preparedness also means knowing how to use emergency supplies, including:

- Drinking water and non-perishable food
- Essential medications
- Flashlights and batteries
- Mobile phone power banks
- Battery-operated or hand-crank radio
- Copies of important documents

Supplies should be reviewed and updated **at least once a year**.
