

Always good to be prepared – In MDA, it is a way of life

MAGEN
DAVID
ADOM
IN ISRAEL



מגן דוד
אדום
בישראל

Israel's National EMS

Emergency preparedness

Create a family emergency plan; divide the tasks amongst those present.

Ensure that the whole family knows the plan and how to act in an emergency.



Clear the safe room of any obstacles

- Ensure that the route to the safe room is clear of obstacles, and that it can be reached quickly and safely.
- Prepare a first aid kit and ensure it is easily accessible .
- Ensure that family members and the elderly are aware of the instructions and that they have all they need, including regular medications.



List of required items as recommended by Home Front Command

- 1 Food and water: Enough for all residents for at least 3 days.
- 2 Communication and warning devices: emergency lighting, flashlight, radio, portable chargers, and batteries.
- 3 Medical equipment: first-aid kit, regular medications, any further medical equipment required by the household members.

For further information, visit the Home Front Command website: www.oref.org.il

Calling an ambulance



- Dial 101 for MDA.
- Answer the call-taker's questions fully and accurately. They're important.
- You will need to provide a phone number, full address, and describe the incident.
- Follow the instructions given by the call-taker.
- Whenever possible, send another person to guide the MDA team to the location in order to save time.



Stopping a bleed

- First, apply direct pressure to the wound using the palm of your hand.
- Continue by placing pressure using a bandage or clean cloth.
- Raise the limb and continue placing pressure.
- Tie the bandage tightly to continue the pressure.
- Call for help – dial MDA on 101.
- If the bleed does not stop, or in the case of an amputation, place a tourniquet above the injury site using whatever is available (shirt, towel, etc.) and apply tightly until the bleeding stops.
- Document the time of the tourniquet in an obvious location.



For further instructions
and instruction videos,
scan the QR code, or
visit the MDA websit



www.mdais.org/en





Treatment of a suspected fracture



- Ensure any bleeding is stopped
- Prevent movement of the affected limb
- Splint the affected limb in its current position
- Place ice wrapped in a towel (not directly on the skin) to reduce swelling
- Seek medical help from a hospital
- If required, or the fracture is accompanied by a serious injury, a severe bleed or a possible spinal injury – **call MDA on 101.**



Assisting the anxiety patient

- Ensure the casualty has no physical injuries as well as the anxiety
- If possible, remove the casualty from the incident scene, preferably to somewhere quiet
- Express to the casualty that you are with them
- Assist the casualty to breathe slowly and deeply
- Ask the casualty to perform simple tasks in order to reduce any feeling of helplessness. If required, seek further medical help, and/or **call MDA on 101.**



Assisting a burns victim

- Rinse the affected area under running water for at least 10 minutes.
- Remove jewelry and clothing from affected areas as soon as possible, as long as they are not stuck to the skin.
- Cover the burn with a bandage or cloth soaked in cold water.
- Seek further medical advice.
- Following medical guidance, apply Health Ministry-approved burns creams as required.
- In the case of a serious burn, that has affected a large body area, the face, neck or joints, **call MDA on 101.**



Don'ts:

- 1 Do not place ice directly on the skin.
- 2 Do not pop blisters.
- 3 Do not use oldwives' tales creams (yoghurt, toothpaste, oil, butter, etc.).
- 4 Do not rip off clothing that is adhered to a wound. They should be wet, and medical advice sought.
- 5 Do not place a dry bandage, so that it doesn't stick.



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**IN CASE OF AN
EMERGENCY DIAL 101**



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