

BAYZAT

Your guide to

STAYING PREPARED

Everything you need to navigate what's happening right now.

UAE · KSA · Jordan · Lebanon · Palestine

March 2026

We owe it to our people to give them the information they need to make the right call.

TEAM,

Nobody handed us a playbook for this. There isn't one. So we made one. This guide covers the UAE, KSA, Jordan, Lebanon, and Palestine — because that's where our people are. It's not fear-mongering. It's the information you need, clearly laid out, so you can make the right call for you and your people.

Read it. Screenshot the pages you need. Share it. And reach out to your HR team or your line manager any time.

This guide reflects information as of March 10, 2026. Things are changing fast. Always verify with official sources before making decisions.



1. EMERGENCY CONTACTS

Screenshot this table. Save it in your phone notes. Print it and stick it on your fridge.

	Police	Ambulance	Civil Defence	Fire
UAE	999	998	997	997
KSA	999	997	998	998
Jordan	911	911	911	911
Lebanon	112	140	125	175
Palestine	100	101	—	102

Mental Health Support

- **UAE:** 800-SAKINA (725462) — 24/7, Arabic & English, including children & families
- **KSA:** 920033360 — mental health helpline
- **Jordan:** 110 — family protection hotline
- **Lebanon:** 1564 — Embrace lifeline, 24/7
- **Palestine:** 1-800-500-100 — psychosocial support

Official Sources — Trust Only These

- **UAE:** NCEMA (@ABORTNCE on X), WAM, Dubai Media Office
- **KSA:** Saudi Press Agency (SPA), Ministry of Interior
- **Jordan:** Jordan News Agency (Petra), Civil Defence
- **Lebanon:** National News Agency (NNA), Lebanese Red Cross
- **Palestine:** WAFA News Agency, Palestine Red Crescent



2. PREPARING YOUR HOME

Your Safe Room

- Choose an interior room with no windows, ideally on the lowest floor. Bathrooms and internal hallways work well.
- Stay away from windows, glass doors, and exterior walls during any alert.
- If you're in a high-rise, ask your building management about designated shelter floors and evacuation routes. Most buildings have them — most residents don't know about them.

Water & Food

- **Water:** Store 4 litres per person per day for at least 5 days. A family of 4 needs 80 litres minimum.
- **Where to buy:**
 - **UAE** — Carrefour, Lulu Hypermarket, Union Coop, Spinneys (amazon.ae and noon.com deliver bulk water).
 - **KSA** — Tamimi Markets, Panda/HyperPanda, Danube, Carrefour, Lulu, BinDawood (amazon.sa, noon.com/sa).
 - **Jordan** — Carrefour, Safeway, Cozmo, Miles.
 - **Lebanon** — Spinneys, Carrefour, TSC, Faddoul.
 - **Palestine** — local supermarkets and grocery shops.
- **Food:** Stock non-perishable items that don't need cooking or refrigeration — canned tuna, beans, chickpeas, peanut butter, crackers, dried fruit, nuts, cereal bars, UHT milk, instant noodles.
- Don't forget a manual can opener, disposable plates/utensils, and any baby food or formula if needed.
- If the power goes out: your fridge keeps food safe for about 4 hours (keep the door shut). Freezer lasts 24–48 hours if full. Use fridge items first, then freezer, then pantry.

Power & Light

- Batteries: Buy AA, AAA, and D-cell batteries now.
 - UAE — ACE Hardware, Daiso, Carrefour, any supermarket, amazon.ae.
 - KSA — SACO, Extra, Jarir, Carrefour, amazon.sa.
 - Jordan — Sameh Mall, Carrefour, local hardware shops.
 - Lebanon — Banta, ABC, any hardware store.
 - Palestine — local hardware and electronics shops.
- Flashlights/torches: Get at least 2 — one for your safe room, one for your go-bag. Same stores as above, plus noon.com (UAE/KSA).
- Power banks: Keep at least one fully charged at all times. 20,000mAh or above recommended.
 - UAE — Sharaf DG, Virgin Megastore, noon.com.
 - KSA — Jarir Bookstore, Extra, noon.com/sa.
 - Jordan — SmartBuy, local electronics shops.
 - Lebanon — iStyle, local electronics shops.
- If you have a car, a car phone charger is a backup power source.
- Consider a battery-powered or hand-crank radio for updates if the internet/mobile goes down.

First Aid & Safety

- Basic first aid kit: bandages, antiseptic wipes, pain relievers, any prescription medications (2-week supply minimum), thermometer, scissors, tweezers.
 - UAE — Aster, Life Pharmacy, Boots, Carrefour.
 - KSA — Nahdi, Al Dawaa, Kunooz.
 - Jordan — Pharmacy One, any local pharmacy.
 - Lebanon — Pharmacie de Garde (check moph.gov.lb for 24hr pharmacies).
 - Palestine — local pharmacies.
- Fire extinguisher: know where yours is and how to use it. If you don't have one:
 - UAE — ACE Hardware, amazon.ae.
 - KSA — SACO, amazon.sa.
 - Jordan/Lebanon/Palestine — local hardware or safety supply shops.
- Know how to shut off your gas, water, and electricity mains. If you don't know, ask your building maintenance now.

KSA, Jordan, Lebanon, Palestine: the same principles apply. Stock up at local supermarkets and hardware stores. In Lebanon and Palestine specifically, also stay away from areas near military installations or known conflict zones.



3. YOUR GO-BAG

Pack this now. Put it by your front door or in your car boot. If you need to leave in a hurry, grab it and go.

Documents (originals + copies)

- Passport for every family member (check the expiry date!)
- Visa / residency permit (Emirates ID, Iqama, national ID card)
- Insurance cards and policy numbers
- Employment contract and tenancy agreement
- Vehicle registration
- Pet vaccination records and microchip numbers
- Birth/marriage certificates if you have them

How to Digitise Your Documents

- Use your phone camera or a scanning app (Adobe Scan, Microsoft Lens, Apple Notes scan — all free).
- Save scans to a cloud folder: Google Drive, iCloud, or Dropbox. Share the folder with your emergency contact.
- Also save copies on a USB drive in your go-bag — cloud needs internet, USB doesn't.
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Supplies

- Cash: AED, local currency + USD/EUR. ATMs may be unavailable.
- Phone charger + fully charged power bank
- Key contacts written on paper (in case your phone dies)
- Medications: 2-week supply minimum
- Change of clothes, basic toiletries
- Small torch/flashlight + spare batteries
- Water bottle + snacks

4. IF YOU NEED TO LEAVE THE COUNTRY

Do NOT go to the airport unless your airline has directly confirmed a departure time and you hold a confirmed ticket. Airport access is restricted to confirmed travellers only.

Step by Step

- 1. Check airspace status for your country. Airspace closures have been intermittent across the region since Feb 28.
- 2. Register with your embassy immediately (see section 1 or the contacts page at the end). This is how they find you for repatriation flights.
- 3. Check your travel status. If you have a travel ban or outstanding financial obligations (UAE/KSA), you will not be allowed to leave. In UAE, check via the ICA website or app.
- 4. Book flights directly via airline websites — Emirates (emirates.com), flydubai (flydubai.com), Etihad (etihad.com), Saudia (saudia.com). Do not rely on third-party booking sites during disruptions.
- 5. Consider land routes: driving to Oman or Saudi Arabia is an option, but only with proper documentation and confirmed border crossing status. Do not assume borders are open.
- 6. Before you leave, think about: your apartment/lease (inform your landlord), car (can someone hold your keys?), bills/utilities, and whether you can return.

Documents to Have Ready

- Valid passport • Visa/residency permit
- Flight confirmation
- Travel insurance details
- Embassy registration
- Pet travel documents (if applicable)
- Employment contract copy

Embassy Registration — Do This Now

- **US citizens:** ae.usembassy.gov — Register for STEP. Note: US Embassy Abu Dhabi & Dubai Consulate are currently CLOSED. Email ACSAbuDhabi@state.gov. Call +1-202-501-4444.
- **UK nationals:** gov.uk/foreign-travel-advice — register with FCDO for alerts.
- **Indian nationals:** madad.gov.in — MADAD portal for consular services.
- **Philippines:** abudhabi.philembassy.net | Pakistan: pakemb.org.ae

Not listed? Search “[your country] embassy [your location]” and register today. Every nationality can register.



5. FAMILY & DEPENDANTS

- **Children:** Talk to them honestly but age-appropriately. Younger children need reassurance, not details. Agree on a family meeting point if you get separated. Ask their school for its emergency plan — every school has one, most parents haven’t seen it.
- **Elderly family:** Make sure they have medications (2-week supply), mobility aids, and that someone is checking on them daily. If they live alone, set up a daily check-in call.
- **Domestic workers:** They are YOUR responsibility. Include them in every emergency plan. Make sure their passport, visa, and other documents are in order and accessible to them — not locked away. Do not leave them behind.
- **Pregnant colleagues:** Know your hospital’s emergency procedures. Have your medical file accessible digitally (photo/scan of your maternity card). If you’re considering travelling, don’t wait until late in your pregnancy — most airlines won’t allow you to fly after 36 weeks (some restrict from 28 weeks), and you’ll need a fit-to-fly letter from your doctor. Plan early. Talk to your HR team if you need any support.

If you have family in Lebanon or Palestine, help them register with their nearest embassy or ICRC office. Lebanese Red Cross: 140. Palestine Red Crescent: 1669. UNRWA: unrwa.org.

6. PETS & TRAVEL

If You’re Staying (Recommended)

- Your pets are safest with you. The situation is temporary.
- If you must leave temporarily, use a licensed boarding facility. Pets must be fully vaccinated to be accepted. Facilities include: The Barking Lot, Shampooch, Bed & Biscuits, Dogventure HQ, My Second Home Dubai. Google “pet boarding [your city]” for options outside Dubai.

- If you're fostering an animal, contact the rescue group immediately. The sooner they know, the more time they have to find a solution.

If You're Leaving With Your Pet

Do NOT drive to the Oman or Saudi border assuming you can cross with your pet. People are being turned away. Pets are being abandoned at the border. This is avoidable with the right planning.

- Step 1: Contact a pet relocation specialist FIRST. They know the current rules and can tell you what's realistic: Furry Group (furrygroup.com) • Paws Abroad (pawsabroad.com) • Paw Pals Dubai (pawpalsdubai.com) • Pawsome Pets (pawsomepets.ae)
- Step 2: Get your paperwork in order. You need: export permit from MoCCA (Ministry of Climate Change & Environment), rabies vaccination certificate (21 days to 1 year old), microchip, health certificate, and an import permit from the destination country.
- Step 3: Know the timelines. The FAVN rabies antibody test must be done at least 12 weeks before export to most countries. This cannot be rushed, no matter how urgent the situation feels.
- Step 4: Know the airline rules. Emirates requires all pets with a Dubai destination to fly as manifest cargo (not cabin, not checked baggage). Only service dogs and falcons are exceptions.
- Important: Leaving via Oman or Saudi Arabia to catch a flight elsewhere adds 3–4 months to your pet's travel timeline due to different country requirements.

Abandoning your pet is never the answer. Plan early. Ask for help. They can't navigate this without you.



7. YOUR JOB & EMPLOYMENT

- Under UAE and KSA labour law, your employer cannot force you to work in unsafe conditions.
- Your first conversation should always be with your line manager. Talk openly about your situation, your concerns, and what flexibility you might need.
- Your HR team is also here for you. Reach out directly for support with safety concerns, work arrangements, remote work, or anything else you need.
- If you need to work remotely from a different location, coordinate with both your manager and HR.
- Keep copies of all employment documents: offer letter, contract, Emirates ID/Iqama, visa, pay slips.
- If your visa or residency permit is expiring in the next 30 days, reach out to your HR or operations team immediately. Your company should prioritise and start the renewal process depending on urgency and the situation — don't wait until the last minute on this one.

Colleagues in Jordan, Lebanon, and Palestine: labour protections vary by jurisdiction. If you're unsure about your rights or your options, talk to your HR team — they can help you figure it out.



8. YOUR MONEY

- Have cash on hand: local currency AND USD or EUR. ATMs may be unavailable during power outages or network disruptions.
- Set up mobile banking if you haven't already. UAE — ENBD, ADCB, FAB, Mashreq. KSA — Al Rajhi, SNB, Riyadh Bank, SABB. Jordan — Arab Bank, Housing Bank. Most major banks have apps. Download them now and make sure you can log in.
- Know your bank's international transfer limits and processes before you need to use them.
- Notify your bank if you plan to travel or use cards abroad — cards may be blocked for unusual activity otherwise.
- For remittances: use established channels (Al Ansari Exchange, UAE Exchange, Western Union, Wise). Avoid informal transfers during instability.

Lebanon: banking restrictions may limit withdrawals — have physical cash as a backup. Palestine: banking services may be disrupted, particularly in conflict areas. Plan for cash-based needs.



9. LOOKING AFTER YOUR HEAD

- Set specific times to check news — morning and evening. Between those times, put your phone down. Doom-scrolling doesn't keep you safer, it just makes you feel worse.
- Follow official sources only. Mute or unfollow panic-inducing social media accounts. Rumours spread faster than facts right now.
- Talk to someone. Not about the news — about how you're doing. Check on your colleagues. Check on your neighbours. Send the text.
- If you have children, they're picking up on your anxiety even if you think you're hiding it. Name the feelings, keep routines where you can, and let them ask questions.

- If you're struggling, that's normal. This is a lot. Call 800-SAKINA (UAE), reach out to your HR team, or talk to someone you trust.

It's okay to not be okay. But please don't sit with it alone.



10. QUICK-REFERENCE: RESOURCES & LINKS

Government Agencies

- **UAE:** ncema.gov.ae • moi.gov.ae • mod.gov.ae • adcmc.gov.ae • mofaic.gov.ae
- **KSA:** 998.gov.sa • moi.gov.sa • mod.gov.sa
- **Jordan:** cdd.gov.jo • moi.gov.jo
- **Lebanon:** redcross.org.lb (Emergency: 140) • civildefense.gov.lb
- **Palestine:** palestinercs.org (Emergency: 1669) • unrwa.org

Useful Apps to Download Now

- **STEP:** US Smart Traveler Enrollment — for US citizens abroad
- **MADAD:** Indian consular services portal
- **Al Hosn (UAE):** Health and identity verification
- **Your airline app:** Emirates, flydubai, Etihad, Saudia — for real-time flight status
- **Your bank's app:** Download and test login now
- **Scanning app:** Adobe Scan or Microsoft Lens (free) — digitise your documents
- **WhatsApp:** Keep it updated. This is how most people are sharing information and checking in.

Where to Buy Emergency Supplies

- **UAE supermarkets:** Carrefour, Lulu Hypermarket, Union Coop, Spinneys
- **UAE online:** amazon.ae, noon.com — both deliver within 1–2 days
- **UAE hardware/batteries:** ACE Hardware, Daiso
- **UAE pharmacies:** Aster, Life Pharmacy, Boots
- **UAE electronics:** Sharaf DG, Virgin Megastore
- **KSA supermarkets:** Tamimi Markets, Panda/HyperPanda, Danube, BinDawood, Carrefour, Lulu, Othaim, Farm Superstores
- **KSA online:** amazon.sa, noon.com/sa
- **KSA hardware/electronics:** SACO, Extra, Jarir Bookstore
- **KSA pharmacies:** Nahdi, Al Dawaa, Kunooz
- **Jordan supermarkets:** Carrefour, Safeway, Cozmo, Miles, Sameh Mall
- **Jordan pharmacies:** Pharmacy One, local pharmacies
- **Lebanon supermarkets:** Spinneys, Carrefour, TSC, Faddoul, City Centre
- **Lebanon pharmacies:** Check moph.gov.lb for 24hr pharmacies near you
- **Palestine:** Local supermarkets, grocery shops, and pharmacies. Stock up when supply routes are open.
- **Pet boarding (UAE):** The Barking Lot, Shampooch, Bed & Biscuits, Dogventure HQ, My Second Home Dubai
- **Pet relocation:** Furry Group, Paws Abroad, Paw Pals Dubai, Pawsome Pets

*Everyone who works hard deserves the chance to make it.
That includes staying safe.*