

Staying safe. Staying calm.

Prepared for the current regional situation.

A guide in Easy English
For neurodivergent people and
people with intellectual disabilities.

What is happening.
What the sounds mean.
What to do. Where to get help.



1

You are safe.

Here is why.

The UAE has a very strong defense system. It finds missiles in the sky and stops them before they reach the ground.

Since Saturday, the UAE has stopped more than 165 missiles and more than 500 drones. That means the system is working.

A note of gratitude

The UAE leaders acted quickly to keep people safe. People who live here and people who are visiting are being looked after.

The defence system is working.

Shops have food and supplies.

Emergency services are working day and night.

2

If sounds are hard for you.



The booms happen high in the sky, sometimes 100km away.

People in Dubai and Abu Dhabi can hear the same sound at the same time.

They sound close because sound bounces between buildings.

When you hear a loud **BOOM**:
that is the defense system stopping a missile
in the sky.

It is the sound of protection.

Not the sound of danger arriving.

2b

If sounds are hard for you.



Between the booms, the city is very quiet.

No planes. Fewer cars. Because many people work or study from home.

Also, we see less traffic and hear less noise because it is the Holy Month of Ramadan.

Your brain notices the change and says "something is off."

That feeling is normal.

- ▶ Use noise-cancelling headphones or earplugs
- ▶ Play calming music or sounds you know well
- ▶ Tell someone: "The sounds are hard for me"

The Ramadan cannon at sunset is NOT a blast. It is a tradition to mark iftar.

3



What is happening and why.

The US and Israel attacked military targets in Iran on Saturday. Iran fired missiles and drones at the UAE and other Gulf countries because the US has military bases here.

The UAE is not at war with Iran. The UAE did not start this.

What has the UAE done about this ?

The UAE has closed its embassy in Iran and brought its ambassador home.

An embassy is an office a country has inside another country. An ambassador is the person who speaks for their country.

Bringing them home means:

"We are very unhappy with what you did."

It is one of the strongest things a country can do without using its military.

3 b

But we buy fruit from Iran ?



Vegetables from Iran in an UAE supermarket on Sunday, 1st of March.

Yes. Before this crisis, the UAE and Iran had normal trade and flights between them.

Countries can buy and sell goods with each other and still have political disagreements.

This conflict got worse very quickly. That is why things changed so fast.

The UAE gets food from many different countries, not just Iran. Supermarkets are open. Supplies are available. There is no need to worry about food.

4

Your body is reacting. That is normal.

- ▶ Your heart beats faster
- ▶ You feel tense, shaky, or jumpy
- ▶ You cannot sleep, or you sleep too much
- ▶ You feel angry, sad, confused, or numb
- ▶ You keep checking your phone
- ▶ You do not feel like eating
- ▶ You feel like crying

All of these are normal stress responses.
You are not sick. You are not overreacting.



When you are feeling like this:

Breathe: in for 4, hold for 4, out for 4.
Drink water.

Talk to someone. You can call someone.

5

Social media is not your friend right now.



- ▶ Old videos from other events are being shared as if they are from today
- ▶ Photos are shown with wrong information that change their meaning
- ▶ People are sharing guesses as if they are facts
- ▶ Some accounts are trying to make you more scared on purpose (to get more clicks or likes)

Before you believe or share:

Check **WHO** posted it,

WHEN it was made, and if an official UAE channel said the same thing. If not, do not share it.



**Sharing false news in the UAE
is against the law.**

6

How to take a break from your phone



WhatsApp:



Open the group → tap the three dots
→ "Mute notifications" → choose "1 week"



Instagram: Profile → menu (three lines)



→ Settings → Notifications → "Pause all"

Your whole phone: Settings → Do Not Disturb.
Keep emergency alerts ON.



It is OK to tell friends:
"Please do not send me scary videos
that have not been checked."

7

What to do right now ?



Safety checklist:

- ▶ **Stay away from windows:** Move to an inside room if you hear a boom or siren.
- ▶ **Keep your phone charged:** You need it for emergency alerts.
- ▶ **Keep essentials nearby:** Water, any medication you take, your Emirates ID or passport.
- ▶ **Do not go to the airport:** All flights are suspended.
- ▶ **Schools are online:** Distance learning is in place
- ▶ **Supermarkets are open:** Food supplies are available. Do not panic-buy.
- ▶ **Do not touch debris:** If you see broken pieces on the ground from an interception, do not touch them. Call 999.

8

Things you can do today to feel better.



Staying home is the right thing to do.

But staying home does not mean doing nothing.

Movement and routine help your brain feel safe.

Move your body

- Do a short workout
- Stretch or try yoga
- Dance for 10 minutes

Do something you enjoy

- Watch something you love
- Play a game
- Cook or create
- Call someone you trust

Keep it simple

Wake up, eat and sleep at regular times.

Do one good thing each day.

9



Airports are closed.

That is good news.

**All UAE airports have stopped flights for now.
No planes are flying in or out right now.**

Why?

Clear skies help defense systems work properly.
Closing airspace keeps passengers safe.

If you need to travel

Do not go to the airport.
Check your airline's website or app.
Free rebooking and refunds are available.

If you are a visitor

You are being looked after.
Airports will reopen when it is safe.
Follow official airline accounts for updates.

Do not trust WhatsApp rumours.

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Where to get help ?

If you feel scared, overwhelmed, or need to talk, these numbers are free.

SAKINA – 800 725462

24/7 mental health support (Abu Dhabi)

800 HOPE – 800 4673

UAE-wide mental health support

MOHAP – 04 519 2519

Support for anxiety and psychological concerns

Emergency numbers

Police – 999 – For genuine emergencies only

Civil Defence – 997 – For Fire and rescue

Ambulance – 998 – Medical emergencies.

You do not need to be in a crisis to call.

If you need to talk, that is enough.

11

This will not last forever.

It is OK to feel scared or confused.

It is OK if some things feel confusing.

What is true right now:

- The defense system is working
- The government is watching the situation day and night
- Police, ambulance and fire services are ready
- Shops have food and water
- Schools and workplaces are keeping people safe
- People around the world are working to stop the conflict
- You are not alone

Ask for help if you need it. That is strength.

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This guide was created by FiA Institute
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It is written in Easy English for neurodivergent people
and people with cognitive disabilities
aged 16 and above.

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