

## **U. S. Embassy Bahrain**

### **General Guidance on Personal Security**

We would like to remind U.S. citizens to take appropriate steps to increase their security awareness. The U.S. Embassy continues to monitor the security situation in Bahrain and sends demonstration notices and emergency messages to U.S. Citizens as appropriate. U.S. citizens should keep current with media coverage of local events and be aware of their surroundings at all times. If you encounter a large public gathering or demonstration, depart the vicinity immediately. Maintain a high level of vigilance and take appropriate steps to enhance your personal security.

Social media is another tool U.S. citizens should be aware of to keep up to date on important events and traffic situations. U.S. citizens may consider using, among others, the following supplemental resources:

- [Bahrain Family Readiness Group Facebook Page](#)
- [Interactive Google Map with Traffic and Demonstration Sites](#)

#### **Personal Security Checklist:**

- All U.S. citizens are reminded to vary their route and time of departure, remain vigilant, report suspicious incidents to the police, lock car windows and doors, and carry a cell phone. Throughout the country, U.S. citizens are urged to exercise particular caution at locations where large groups have gathered.
- When stopped in traffic, always leave enough room in front of your vehicle to maneuver away from danger. Always plan for an escape route and avoid choke points. Be wary of suspicious diversions.
- Be constantly aware of your surroundings when in public, whether on foot or in your vehicle. Keep informed of planned demonstrations and other potential threats through social media and the Embassy's consular information program.
- Avoid areas where demonstrations are common.
- If you find yourself approaching a demonstration immediate turn around and depart the area if safe to do so.
- U.S. citizens are urged to avoid contact with any suspicious, unfamiliar objects, and to report the presence of such objects to local authorities.
- Check the interior and exterior of your vehicle for suspicious items prior to entering.
- Maintain a low profile for yourself and your vehicle – avoid wearing distinctive clothing or placing distinctive items in an open setting.
- Protect your personal information. Shred personal documents and financial information. Do NOT give personal information to unknown persons.

- Know the locations of safe havens (police and fire stations, hospitals, other embassies etc.) near your home and work, and along the route in between. If you are in immediate danger, call the Police at 999. Do NOT confront a potential attacker or lead them back to your home.
- Keep your residence secure by locking doors and windows.
- Report any suspicious activity to the local police at 999.

The following link contains material about being prepared for emergencies while residing abroad. It was written for persons assigned to U.S. Embassies or Consulates abroad, but most of it is practical advice that would be useful to anyone living outside of their own country: <http://www.state.gov/www/flo/paper10.html>.

For the latest security information, U.S. citizens living and traveling abroad should regularly monitor the Department of State's Bureau of Consular Affairs Internet website at <http://travel.state.gov>, where the current Worldwide Caution, Country Specific Information for Bahrain, Travel Warnings and Travel Alerts can be found. Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll-free in the United States and Canada or, for callers outside the United States and Canada, a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

The U.S. Embassy in Manama can be reached at (973) 1724-2700; the afterhours emergency number is (973) 1724-2957; the fax number is (973) 1725-6242. The [Embassy's web site](http://bahrain.usembassy.gov), <http://bahrain.usembassy.gov>, includes travel information and the Worldwide Caution and Demonstration Notices. All U.S. citizens are encouraged to enroll in the Smart Traveler Enrollment Program. The Consular Section can be reached at [ManamaConsular@state.gov](mailto:ManamaConsular@state.gov).