

Demonstration Notice

The U.S. Embassy recommends the security procedures outlined below for the week of 20-26 March. If the situation warrants changes, the Embassy will provide updated information as it becomes available. The following procedures are mandatory for U.S. Embassy employees, and U.S. citizens in Bahrain are encouraged to follow them as well. The situation remains fluid and the Embassy is unable to guarantee the safety of specific roads in Bahrain.

From 6:00pm – 6:00am: Remain in your residence and/or housing compounds. This is more restrictive than the Government of Bahrain curfew.

From 6:00am to 4:00pm: Limit your movements as much as possible and for essential purposes only (e.g. groceries, gas, etc.) Limit movements to the immediate vicinity around your residential compound or to any designated Green Areas listed in Paragraph #6 (see below).

Keep a cellphone with you at all times and share your travel plans with a friend or family.

Most checkpoints are manned by police and/or soldiers with lethal ammunition. The following guidance is provided for checkpoints:

1. Do not attempt to run through the checkpoint.
2. Make sure your doors are locked and windows closed.
3. If necessary, roll your window down just far enough to talk, less than one inch.
4. Be polite, do not panic.
5. State that you are a U.S. citizen.
6. If they insist on ID, present your CPR card. At no time should you relinquish control of the ID.
7. If asked, "Where are you going?" state where (traveling home, airport, etc.)
8. Never get out of your vehicle or open any of the doors!

Advice about travelling within Bahrain

- **Red** = Areas that U.S. citizens are advised to avoid.
- **Green** = Areas that are generally safe.
- For travel through all other areas, we strongly encourage the use of the buddy system, vigilance and caution.

We strongly encourage the use of the buddy system and not to travel alone, especially in any area outside those marked in green on the map below.

There is no indication that U.S. citizens are being threatened or targeted. Spontaneous demonstrations and violence are still taking place and the host government is actively conducting security operations.

Previous guidance from the State Department's Travel Warning is still in effect: http://travel.state.gov/travel/cis_pa_tw/tw/tw_bahrain.html. U.S. citizens are urged to consider departing Bahrain. U.S. citizens should keep current with Embassy notifications.

We remind U.S. citizens that even demonstrations intended to be peaceful can turn confrontational and possibly escalate into violence. U.S. citizens are therefore urged to avoid the areas of demonstrations if possible, and to exercise caution if within the vicinity of any demonstrations. U.S. citizens should stay current with media coverage of local events and be aware of their surroundings at all times. 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](http://travel.state.gov) 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), which includes travel information and the Worldwide Caution is at <http://bahrain.usembassy.gov>. Demonstration Notices can be found at <http://Bahrain.usembassy.gov/demonstration.html>. To register in the [Smart Traveler Enrollment Program](https://travelregistration.state.gov) please visit <https://travelregistration.state.gov>. The Consular Section can be reached at ManamaConsular@state.gov

Please see below for the Map.

Authorized and Unauthorized Areas

