

Practical Guidance: Personal Safety Outside When a Drone is Spotted



Guidance for mobile health teams, health workers who travel to and from work, and all staff when they are outside (i.e. not in a health facility)

Do's	Don'ts
If you are outside when a drone is present, seek cover.	Don't try to outrun a drone. Drones travel faster than humans. Doing so may highlight yourself as something suspicious or a potential target.
Get off any motorbike, leave the bike, and seek shelter. Get out of a vehicle and seek shelter.	Don't try to outdrive the drone: it is not possible to drive faster than a drone flies.
Take shelter, ideally in a solid structure, e.g. under a bridge or inside a building or any other structure that can provide in the best case "two wall" cover, i.e. where at least two solid walls separate you from the potential impact zone of a drone strike.	Don't run through an open field or in the middle of a road.
Take shelter, if possible, in a dip/fold in the ground (because explosions spread upwards in a "V" shape and not downwards).	Don't stay close to any potential target.
If in a group, disperse and run in different directions, ideally under the cover of trees or undergrowth.	Don't move collectively as a group at the speed of the slowest group member.
If travelling with children, the elderly or patients, assign a specific healthy adult to each vulnerable person before setting out and discuss how this person can be moved in an emergency.	Don't leave one staff member to care for several people while all the others run off to seek shelter. Don't abandon children, the elderly or patients.
Run in zigzags, changing direction as often as possible	Don't run in a straight line.
Once away from the immediate site where the drone was spotted, move slowly and deliberately, stay under trees or in shade, and avoid panicky or jerky movements.	Don't wave to get the attention of friendly people. Movement attracts a drone's visual sensors.
If appropriate and possible, lie flat, ideally under something that will screen your body from the drone's camera.	If possible, don't expose your body. Advanced drones can detect heat signatures.

[Click here for the full report](#)

[Click here for *Inside a Building During a Drone Attack* guidance](#)

[Click here for *Response During a Drone Attack* guidance](#)

Further Resources



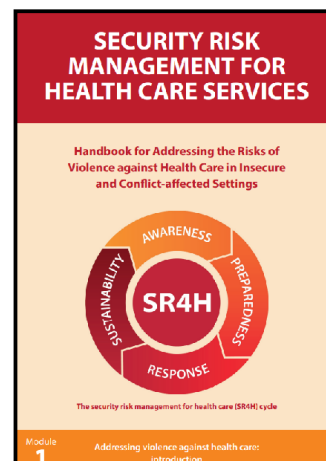
Safeguarding Health in Conflict Coalition 2023 Factsheet (EN)



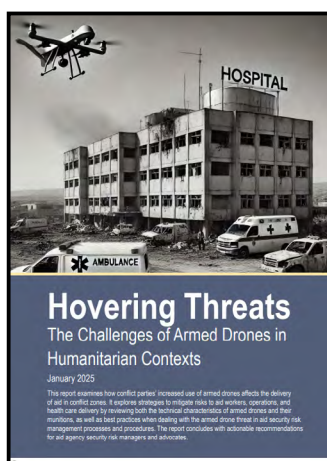
Safeguarding Health in Conflict Coalition 2023 Factsheet (MY)



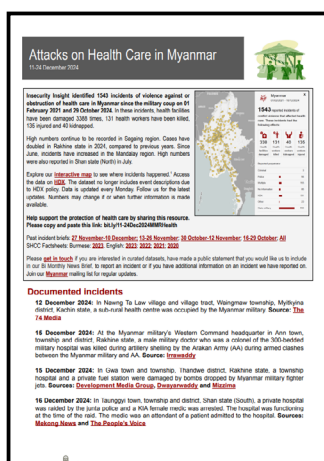
Security Risk Management for Health Care Services Handbook



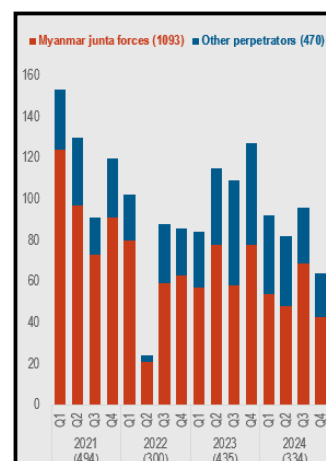
Hovering Threats The Challenges of Armed Drones in Humanitarian Contexts



Attacks on Health Care in Myanmar Incident Brief (bi-monthly)



Attacks on Health Care in Myanmar Incident Data (weekly)



Subscribe

This document is published by Insecurity Insight. It is funded and supported by the Foreign, Commonwealth and Development Office (FCDO) of the UK government through the RIAH project at the Humanitarian and Conflict Response Institute at the University of Manchester and the H2H Fund which is supported by aid from the UK government. The opinions expressed in it do not reflect in any way the position of the H2H Network or the UK government who are not responsible for the content expressed in this document.

Suggested citation: Insecurity Insight. 2025. Practical Guidance: Personal Safety: Outside When a Drone is Spotted, February 2025. Switzerland: Insecurity Insight. <https://bit.ly/SRMDronesMMROutside>