

13 November 2022 – Dr Naseem reached home after a long shift at the hospital, ready to rest and recharge. He had been looking forward to spending time with his children but found it hard to shake off his worries and disengage his mind. The air felt heavy. The news about growing tensions in Gaza Strip seemed impossible to escape. WhatsApp groups were relentlessly pinging. Neighbours, family members, and people on the street were all talking about the same thing. Memories of the 2021 escalation were still fresh in their minds.

Dr Naseem, who works as the Head of Emergency at the Al Aqsa Hospital in the Gaza Strip, hadn't been at home for long before the news of the August escalation broke. His phone rang shortly after. He knew precisely why he was being called. Hurriedly sipping his tea, he got ready for what was going to be a very long day ahead.

Within an hour of the call, he was at the hospital supervising staff to prepare for receiving and treating casualties. “We knew from previous experience that the situation could deteriorate quickly. We needed to act fast and get ourselves organized. Delays in getting the injured immediate care could cost lives during emergencies. There is no margin for error,” says Dr Naseem.



The image shows the main emergency entrance of a hospital. A man in a white lab coat is standing in front of the entrance. The entrance is marked with a red sign that reads "مدخل الطوارئ الرئيسي" and "MAIN EMERGENCY ENTRANCE". To the right, a sign says "Weapons not Allowed" and "يمنع حمل السلاح" with a no-weapon symbol. A banner on the door promotes mental health awareness with Arabic text: "اجعل الصحة النفسية والرفاهية للجميع أولوية عالمية." and "نفسية أقوى .. بمناعة أقوى.".



training and capacity building for health care workers in the Gaza Strip, the



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