



Israel & the United States at War with Iran Special Update from Israel

March 19, 2026

Prepared by and sent from Jewish Federation of North America's Israel Office

- **Day 20 of the US/ Israel War with Iran**
- **Iranian missile kills a foreign worker in Israel's center and three Palestinian women near Hebron.**
- **Israel continues to strike both Iran and Hezbollah**
- **Israel ranked eighth in the World Happiness Report for the second consecutive year**

See Jewish Federations' [Joint Security Guidance for Jewish Institutions Following Strikes on Iran](#).

Missile and Rocket Fire

- A 30-year-old **foreign worker from Thailand was killed** at Moshav Adanim in central Israel overnight. The incident occurred after an Iranian missile attack scattered shrapnel and apparent cluster munition impacts across the area. Magen David Adom medics treated him for critical shrapnel wounds but declared him dead shortly afterward. First responders reported multiple impact sites in central Israel linked to the same salvo. The incident was one of several barrages last night, with authorities continuing to assess where fragments fell and whether additional damage was caused.
- In a separate overnight Iranian launch, another missile carrying an apparent cluster bomb warhead struck parts of the West Bank. The Palestinian Red Crescent said at least **three Palestinian women were killed** and 13 injured as a result of a direct strike and falling missile fragments in a village near Hebron.
- **Hezbollah also fired multiple rocket barrages** at northern Israeli communities overnight, triggering sirens in towns including Karmiel and Kiryat Shmona and surrounding areas. Emergency services said there were no injuries reported in the latest barrages. See images from [impact sites here](#).

- A delegation of **15 European ambassadors visited Beit Shemesh** to tour the site of a deadly Iranian missile strike that hit a shelter on March 1, killing nine people. The visiting diplomats met with community members and local leaders and heard accounts from survivors of the attack. Several ambassadors said seeing the damage firsthand underscored the scale of civilian trauma caused by repeated missile fire.

The War with Iran

- The IDF **destroyed an Iranian Mi-17 helicopter at Sanandaj Airport** in Iran's Hamedan province in [a strike carried out](#) yesterday. The military described the attack as based on real-time intelligence and said it was part of an effort to deepen damage to the Revolutionary Guards' air capabilities while expanding air superiority in western Iran.
- See [these photos](#) of the commanders of the Israeli Air Force and the Israeli Navy during **overnight strikes in northern Iran**.
- [Newly released commercial satellite images showed widespread physical damage](#) across multiple sites in the Middle East following weeks of fighting in the Iran war. The images documented visible destruction at energy and military-related facilities in Iran, Israel, and several Gulf states, including damage consistent with missile and drone strikes. In Iran, the satellite photos showed clear impact scars and structural damage at key installations, reaffirming earlier publicly acknowledged strike zones.
- This morning, **Iran executed three people** convicted of killing police officers during unrest earlier this year. Local media said the three had been convicted over the killing of two law enforcement personnel and of carrying out "operational actions in favor of the United States and Israel."
- The Pentagon asked the White House to **approve a request of more than \$200 billion** for the Iran war. No further breakdown of what the funding would cover was divulged.
- The FBI investigated whether **Joe Kent, who resigned as director of the US National Counterterrorism Center**, improperly shared classified information, according to a person familiar with the matter. The inquiry preceded his resignation, which he announced in a statement citing his opposition to the war and arguing Iran posed no imminent threat to the US. President Donald Trump later criticized Kent publicly, calling him "weak on security."
- Times of Israel: [Regimes are ousted from within, but the US and Israel must not let up until that happens in Iran](#)

The War with Hezbollah

- More than **20 Hezbollah operatives were killed** during [various IDF ground operations in southern Lebanon](#) yesterday. The IDF said Golani Brigade soldiers identified a cell preparing to fire anti-tank missiles and killed five operatives in that specific incident. Troops also [located weapons](#), including RPGs and anti-tank missiles.
- The IDF **struck two bridges over the Litani River** in southern Lebanon after warning civilians in the area to evacuate, saying the crossings were being used by Hezbollah to move weapons and operatives south toward Israel. Defense Minister Israel Katz said Israel would not allow Hezbollah to use Lebanese state infrastructure, calling the strikes a clear message to the Lebanese government. The IDF's Arabic-language spokesperson said residents had been instructed to move north of the Zahrani River ahead of the strikes to reduce the risk to civilians.
- See these [images](#) and [video](#) of the IDF operating in southern Lebanon, as well as [this radio message](#) from the Commanding Officer of the 36th Division, BG Yiftach Norkin, to the division's troops operating in the area.

Israel's Home Front

- Some **177 injured people were taken to hospitals in the previous 24 hours** as a result of the current war. One patient is in critical condition, two are in moderate condition, and 167 are in good condition, alongside one person being treated for anxiety. Some injuries occurred while people were trying to reach shelter rather than from direct missile or rocket impact. Since February 28, 3,924 people have been admitted to hospitals, with 74 still hospitalized.
- More than **3,900 total rocket and missile launches have taken place since the start of the war** on February 28, including over 1,585 launches from Iran and more than 3,000 from Hezbollah, alongside 392 UAV incidents and 1,000+ interceptions. Damage assessments indicated over 14,800 compensation claims were filed nationwide, including 4,300 claims for structural damage, 610 claims for vehicle damage, and 448 claims for equipment and contents. Additional claims included 154 related to agriculture, 72 to infrastructure, and 71 to businesses, reflecting widespread civilian impact across multiple sectors.
- Israel's National Cyber Directorate said that some Israelis received **messages this morning purporting to be from the Home Front Command** but were in fact a phishing attempt. (Phishing is the use of ads, emails or text messages that trick a person into clicking a link to websites that look legitimate.) The directorate says the SMS contains a link to download an app that could be used to steal personal information.

Flights To and From Israel

- **Passenger limits were reimposed** on outbound flights from Ben Gurion Airport after missile debris struck two private jets that were parked at the airport. Israeli aviation authorities said the decision was taken to reduce the time aircraft spend on the ground and limit exposure during missile alerts. Under the renewed restrictions, passenger numbers on departing flights were sharply capped, even as limited outbound travel had only recently resumed. The move followed several Iranian missile barrages that sent shrapnel and debris falling in central Israel, including near airport facilities.
- **El Al** has announced that, following the Home Front Command directives, they are cutting the number of passengers departing on flights to the United States by 50%, to approximately 130 passengers per flight. About half of the passengers currently booked on these flights are expected to receive cancellation notifications.
- Israeli carrier **Israir canceled all regularly scheduled flights** through March 31, citing the new restrictions, Home Front Command guidelines, and limited operations at Ben Gurion Airport. The airline said the cancellations apply only to regularly scheduled flights and do not affect repatriation flights, which continue to operate under the Transportation Ministry's framework. Israir said it would try to accommodate some affected passengers on flights currently operating, but warned that seat availability is far below prewar levels and that not all requests can be met. Customers whose flights were canceled are being offered either a full cash refund or a credit voucher worth 130% of the original fare, while ticket sales for regular flights have been halted through April 30 unless the security situation changes.
- Hungarian low-cost carrier **Wizz Air said it extended the cancellation of all flights** to and from Tel Aviv through April 7, delaying its return beyond earlier plans to resume service before Passover. The airline had been preparing to establish an operational hub in Israel this spring, a move expected to increase competition and lower fares, but said the ongoing war and airspace instability forced it to postpone.

Global and Diplomatic Developments

- US President Donald Trump said he would **"not allow" another Israeli strike** on Iran's South Pars natural gas field, after Israel struck the site on Wednesday. In a social media post, Trump wrote that Israel had "violently lashed out" at South Pars "out of anger," while claiming only a relatively small section had been hit and asserting the US "knew nothing about this particular attack." He warned that if Iran attacked Qatar's LNG facilities again, the US would "massively blow up the entirety" of the South Pars gas field, with or without Israel's help. Israeli media said that Trump did in fact know about the Israeli attack in advance, but issued the statement in order to placate Qatar.
- **China condemned** the killing of Iranian national security chief Ali Larjani in an Israeli airstrike, calling it "unacceptable." Foreign ministry spokesman Lin Jian said Beijing opposed the use of force in international relations and described the killing of state leaders and attacks on civilian targets as even more unacceptable.
- Saudi Arabia's foreign minister, Prince Faisal bin Farhan, said **the kingdom reserved the right to take military action against Iran** "if deemed necessary" after Iranian attacks on Gulf countries. He said he did not know when the war would end and said what little trust existed beforehand had been shattered, focusing on attacks on countries not involved in the conflict.
- **France's foreign minister Jean-Noel Barrot planned to visit Lebanon on Thursday**, with France describing the trip as a show of support and solidarity with the Lebanese people. The visit follows an EU call on Israel to stop strikes on Lebanon. Lebanese authorities say Israeli strikes have killed at least 968 people and displaced over a million. Israel says that most of those killed have been Hezbollah operatives.
- **Kuwait announced the arrest of 10 militants affiliated with Hezbollah**, accused of plotting attacks on "vital installations," saying its State Security Agency had thwarted a terrorist operation. The Interior Ministry described the detainees as citizens belonging to a banned Hezbollah-linked group and said seized items included Hezbollah flags and small drones, alongside images of Iranian and Hezbollah leaders.
- NYT: [For Once, We Fight With an Equal Ally](#)

The Region

- Iran **continues to attack its neighbors in the region**. Qatar said Iranian ballistic missiles targeted Ras Laffan Industrial City, damaging the country's main gas facility on the north coast. The site is home to the world's largest liquefied natural gas export facility and accounts for nearly 20% of global LNG supply. QatarEnergy said Thursday's renewed strikes hit several liquefied natural gas facilities, causing sizable fires and "extensive" further damage, after an earlier attack on Wednesday had already caused significant damage to a gas-to-liquids facility. Global markets reacted immediately, with oil prices jumping sharply and Brent crude briefly surging to around \$118 a barrel amid fears of a prolonged supply disruption. Doha condemned the attack as a "dangerous escalation" and a direct threat to its national security, but stopped short of expelling Iran's ambassador, instead ordering Iranian military and security attachés and affiliated staff to leave the country.
- **Saudi Arabia said a drone hit the SAMREF refinery** in Yanbu, with the Defense Ministry saying a damage assessment was underway. Yanbu is the only export outlet for crude oil out of Gulf Arab countries at present, as Iran has effectively shut the Strait of Hormuz.
- **Kuwait said a drone attack** targeted an operational unit at the Mina Al-Ahmadi refinery, sparking a limited fire. Kuwait News Agency reported the blaze was contained to one unit and that no one was injured. The refinery is owned by Kuwait's national oil company.
- The **United Arab Emirates suspended operations** at the Habshan gas facility after authorities responded to two incidents of falling debris following the successful interception of a missile, Abu Dhabi's media office said. The office also said the Bab oil field was targeted, and reported no injuries. A separate attack set a ship ablaze off the coast of the

UAE, close to the Strait of Hormuz. More than 20 vessels have been attacked by Iran in the Strait during the current war.

- Gaza's **Rafah crossing with Egypt reopened** for the first time since Israel closed it on February 28 when it launched strikes on the Iranian regime. Egyptian media said the crossing reopened "in both directions" and showed footage of a small number of Palestinians preparing to cross from Egypt back into Gaza, including people who had been receiving medical treatment in Egypt. According to data from the American-run Civil Military Coordination Center in Kiryat Gat, the number of trucks entering Gaza fell by roughly 80% following the start of the Israel-Iran war. Before the war, an average of about 4,200 trucks per week entered Gaza, but this dropped to 590 trucks in the first week and 1,137 in the second week, with fewer than 400 trucks entering during several subsequent days. The sharp decline in supply was accompanied by significant increases in food prices inside Gaza, particularly for basic staples, as reduced availability quickly affected local markets.

Jewish Federations and Partners

Some **Jewish Federations partner updates**:

Connections 20-80

- Jewish Federations supported Connections 20-80 (Hiburim 20-80), an Israeli nonprofit that connects young adults with senior citizens through a digital platform to provide practical, on-demand assistance and social contact, aiming to reduce loneliness and strengthen intergenerational community ties.
- Since the onset of Operation Roaring Lion, Connections 20–80 has shifted into full emergency mode to ensure uninterrupted support for older adults facing acute isolation and vulnerability.
- With hundreds of thousands of seniors already at high risk—and many lacking protected spaces, nearby assistance, or daily human contact—the organization's call center has seen a sharp rise in urgent inquiries from individuals entirely alone during the crisis.
- Drawing on experience from previous emergencies, when thousands sought their help, Connections 20–80 has expanded staffing, extended call center hours, upgraded technology, and rapidly mobilized volunteers to meet escalating needs.

Enosh:

- Jewish Federations' supported Enosh is Israel's largest community-based mental health nonprofit, providing rehabilitation, housing, employment support, and counseling services to people with psychosocial disabilities and their families, with a focus on independent living and recovery in the community.
- During Operation Roaring Lion, Enosh has demonstrated the value of sustained prior grant-making by shifting rapidly into emergency operations while preserving full continuity of nationwide mental-health services for tens of thousands of people.
- Earlier investments in 24/7 residential frameworks, community-based care, crisis housing, and professional staffing enabled uninterrupted prevention, treatment, and rehabilitation—even as demand rose sharply. In parallel, Enosh scaled remote and digital supports, opened virtual social spaces, and expanded trauma-informed responses for displaced communities, families, and youth, including targeted interventions through its Headspace centers in affected cities.
- Long-term capacity-building also strengthened staff resilience—critical as many employees were personally affected—helping maintain service quality and system stability throughout the crisis. Employment and vocational programs continued operating, preserving routine and dignity for participants and supporting continuity for employers and markets ahead of Passover.

Jewish Federations **continue to monitor the situation** on the ground very closely and will report as needed.

Inside Israel

- An Israeli traffic court ruled that **drivers may not exceed speed limits during rocket sirens**, rejecting a defense raised by a motorist caught driving 157 km/h on Highway 1 during repeated alerts. The court suspended the driver's license after finding that excessive speed increases, rather than reduces, danger in emergency situations. The driver argued he accelerated to reach a protected space more quickly during heightened security tensions and multiple sirens. Prosecutors noted he had 16 prior traffic offenses, and the court emphasized that emergency conditions do not justify behavior that endangers public safety.
- Israel **ranked eighth in the World Happiness Report** for the second consecutive year, despite more than a year of war, national trauma, and ongoing missile attacks, according to the newly released global survey. The report found that overall life satisfaction in Israel remained high compared to most Western countries, even as daily life was disrupted by school closures, sheltering, and severe travel restrictions. Israelis under the age of 25 stood out in particular, ranking third globally and emerging as the happiest demographic within the country. Other Israeli age groups also ranked strongly, around 11th overall. The [World Happiness Report 2026](#) is published by the Wellbeing Research Centre at the University of Oxford, in partnership with Gallup, the UN Sustainable Development Solutions Network, and an independent international editorial board.

The following piece, penned by an anonymous Israeli, has been circulating on social media:

What many people don't understand about Israelis is that our emotional baseline is calibrated differently.

It isn't because we are stronger or braver than anyone else. It's because we live inside a reality where the ground shifts beneath our feet on a regular basis, and life still has to go on.

You can't pause a country every time history decides to show up.

People abroad often imagine war as a clear event — something that begins, something that ends.

A chapter in a history book.

Here it's more like weather.

Sirens.

Arguments about politics.

School closures.

Work meetings.

A wedding tonight if the roads stay open.

A funeral tomorrow because this is reality, too.

All of it exists in the same hour.

We debate our government loudly and constantly — sometimes viciously — because this place matters to us in a way that is difficult to explain to people who see their country as a setting rather than a lifeline.

Before October 7 we spent months arguing in the streets over judicial reform. Families fought at Shabbat tables. Friends stopped speaking. Hundreds of thousands of people protested week after week because Israelis believe fiercely that the future of this country belongs to them.

And then October 7 happened.

And suddenly the argument didn't stop — it just moved underground while the country mobilized to survive.

Since then we've been living inside something most people abroad can barely imagine: a long season of grief layered on top of constant vigilance.

Missiles.

Hostages.

Funerals.
Reserve duty.
Children doing homework between sirens.
And still — life continues.
Cafés open.
Babies are born.
People fall in love.
Someone's grandmother insists you eat more.
Because Israelis understand something that outsiders often miss: if you wait for calm in this region before living your life, you will never live at all.
So we live loudly.
We argue.
We laugh.
We complain about the government.
We show up for each other.
We keep building things even when they might be knocked down tomorrow.
It can look chaotic from the outside.
But from the inside it's something else entirely.
It's resilience.
Not the heroic kind you see in movies.
The ordinary kind.
The kind that wakes up, makes coffee, sends the kids to school when it's possible, runs to shelter when it isn't, and then goes back to making dinner.
Over and over again.
Because here in Israel, resilience isn't a slogan.
It's just Tuesday.

For more information, please contact: Jewish Federations of North America's Dani Wassner dani.wassner@jewishfederations.org. Subscribe to this weekly update [here](#).