



Rolling Situation Report

Middle East conflict

Issued 19 March 2026, 15hr14 GMT

Summary

Bahrain, Cyprus, Egypt, Gaza Strip, Iran, Iraq, Israel, Jordan, Kuwait, Oman, Qatar, Saudi Arabia, Syria, Turkey, United Arab Emirates, West Bank, Yemen

Regional: Continue abiding by official directives and relevant embassy warnings amid conflict across the Middle East through 19th March. Continue abiding by official directives and relevant embassy warnings amid conflict across the Middle East through 19th March. Notable incidents over the previous 24 hours include an Iranian ballistic missile attack on Qatar's Ras Laffan Industrial City, reportedly causing significant damage. Further Iranian retaliatory attacks are almost certain in the next 24 hours, with the scope of targets gradually expanding, despite the overall decreasing trend in projectile numbers. Review shelter-in-place procedures and monitor the viability of outbound travel, if necessary.

Incident status	Local response capacity	Last Analyst update	Analyst situational confidence
Active	Some	2026-03-19 15:14 (GMT)	HIGH

Update No.	Trend rating	Themes/Tags	Incident-tempo
49	Deteriorating	External conflict / unrest	Twice-Weekly (Monday + Thursday)

Developments

Description	Information Credibility	Source Reliability
Attacks from 17th-19th March: Iranian retaliatory strikes have targeted energy infrastructure across the region on 18 th and 19 th March. The Iranian strikes follow threats made after reported Israeli strikes targeted Iranian energy infrastructure. Impacts have been reported in Qatar, UAE, Saudi Arabia, and Kuwait.	Confirmed true	Reliable
Reported Israeli air strikes targeted oil infrastructure at South Pars natural gas field and the Asaluyeh processing hub in Bushehr province on 18th March. Following the assassinations of Iranian security chief Ali Larijani and Basij commander Gholamreza Soleimani on 16th March, Iranian intelligence minister Esmail Khatib was killed in overnight strikes on 17th-18th March. Israeli airstrikes have continued in multiple areas of Lebanon, including in central Beirut.	Probably true	Reliable
US, Israeli and Iranian Rhetoric: Following the reported Israeli targeting of Iranian oil facilities, Iran issued evacuation warnings for several oil facilities in Saudi Arabia, the UAE, and Qatar, declaring them “direct and legitimate targets”. Strike impacts have since been reported in Qatar and Kuwait, as well as damage from interceptions in Saudi Arabia. An IRGC spokesperson announced on 19th March that Iran’s response to attacks on its energy infrastructure	Probably true	Usually reliable

<p>was “not yet finished” and that the response to further strikes would be “far more severe”.</p>		
<p>Following the Iranian strikes, US President Trump warned Iran against targeting oil infrastructure and threatened further strikes on Iranian oil infrastructure if strikes continued, while outlining that the US was not involved in the strikes targeting Iran. US Defence Secretary Pete Hegseth said that US military objectives remained “unchanged, on target, and on plan” during a press briefing on 19th March but gave no indication of a definitive time frame for the cessation of military action.</p>	<p>Probably true</p>	<p>Usually reliable</p>
<p>Evacuation Watch Level: As disruption persists, organisations have shifted from advising travellers to “shelter in place” toward extracting key personnel for business continuity reasons. The cost, complexity, and risk of moving individuals - especially families - outweighed the benefits of evacuation in the early stages, although as disruption persists and the absence of key personnel begins to affect operations, decisions to move or evacuate are increasingly being driven by business continuity considerations rather than immediate security concerns.</p>	<p>Cannot be judged</p>	<p>Cannot be judged</p>
<p>Healix’s Evacuation Watch Levels are as follows: EVACUATION (Level 4): Iran, Lebanon, Syria, Yemen CONSIDER EVACUATION (Level 3): Bahrain, Gaza, Iraq, Kuwait, Qatar, Saudi Arabia, UAE WARNING (Level 2): Cyprus, Israel, Jordan, Oman, West Bank</p>	<p>Cannot be judged</p>	<p>Cannot be judged</p>
<p>Explanation of Evacuation Watch Levels: For the countries that were raised to ‘Consider Evacuation’ on 6th March, this can be interpreted differently depending on the traveller profile and context. For business travellers, given the credible risk that the operational environment could deteriorate, we advise considering evacuation, as routes may become disrupted at short notice.</p>	<p>Cannot be judged</p>	<p>Cannot be judged</p>
<p>For residents, however, the situation is different. While the decision ultimately depends on individual and organisational risk tolerance, our current assessment is that, despite elevated external conflict risks, the overall security risk rating remains unchanged. Operational conditions largely continue to improve in the region as flight frequencies increase and some governments push for a business-as-usual posture. In this context, evacuation may not be necessary or in the best interest of residents at this time.</p>	<p>Cannot be judged</p>	<p>Cannot be judged</p>
<p>Bahrain – Countrywide: Air defence systems continue to be activated by incoming waves of Iranian drone and missile strikes on 19th March.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Bahrain - Travel: The airspace is closed, and airport operations are suspended as of 19th March. The King Fahd Causeway remains operational through 19th March.</p>	<p>Confirmed true</p>	<p>Reliable</p>

<p>Iran – Countrywide: Heavy bombardments continue in Tehran and other parts of Iran. Reported Israeli airstrikes targeted oil infrastructure at South Pars natural gas field and the Asaluyeh processing hub in Bushehr province on 18th March. Following the assassinations of Iranian security chief Ali Larijani and Basij commander Gholamreza Soleimani on 16th March, Iranian intelligence minister Esmail Khatib was killed in overnight strikes on 17th-18th March.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Iran – Travel: The airspace in Iran remains closed as of 19th March.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Iraq – Countrywide: Multiple aerial attacks have targeted central areas of Baghdad over recent days, including the US Embassy. The Iran-affiliated Kataib Hezbollah group announced on 18th March that it would suspend attacks on the US Embassy for five days on condition of certain demands, including the cessation of Israeli attacks in southern Beirut and a commitment to stop attacking residential areas in Baghdad and other provinces.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Iraq – Travel: The Iraqi Civil Aviation Authority announced the extension of the closure of Iraqi airspace until 12h00 (local time) on 22nd March.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Israel - Countrywide: Iranian and Hezbollah strikes have continued to target Israel daily. An Iranian missile strike caused two fatalities in Ramat Gan on 18th March. Damage was also reported at Tel Aviv’s Savidor Central railway station on 18th March. Iran’s reported use of cluster munitions has complicated Israeli interception efforts. Hezbollah aerial attacks, which utilise drones, mortars, rockets, and missiles, have largely centred in northern border areas.</p>	<p>Probably true</p>	<p>Usually reliable</p>
<p>Israel – Travel: Inbound and outbound flights are operating from Ben Gurion International Airport (TLV) on 19th March, although significant disruption to flight schedules persists.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Kuwait - Countrywide: Kuwaiti state media announced that the Mina al-Ahmadi and Mina Abdullah refineries were targeted by drones on 19th March, prompting fires at both sites. The Kuwaiti military also confirmed that the country continued to face a broader wave of aerial attacks on the morning of 19th March, prompting air defence activations.</p>	<p>Probably true</p>	<p>Usually reliable</p>
<p>Kuwait – Travel: Kuwait’s airspace remains closed as of 19th March.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Lebanon - Countrywide: Israel has increased strikes targeting central areas of Beirut. Four separate strikes in the early hours of 18th March saw the central areas of Zuqaq al-Blat, Basta, and Bachoura targeted, representing Israel’s most concentrated strikes targeting central Beirut since hostilities with Hezbollah restarted on 2nd March. IDF ground operations and airstrikes continue in southern Lebanon.</p>	<p>Probably true</p>	<p>Reliable</p>

<p>Lebanon – Travel: The airspace over Lebanon remains open on 19th March, with outbound and inbound flights continuing to operate from Beirut-Rafic Hariri International Airport (BEY), although significant disruption to flight schedules, including cancellations, persists.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Oman – Travel: Flight data from 19th March showed that the majority of departing and inbound flights were on time at Muscat International Airport (MCT), although lingering disruption, including cancellations, continue.</p>	<p>Probably true</p>	<p>Usually reliable</p>
<p>Qatar - Countrywide: The Ras Laffan LNG facility was hit by Iranian missiles on 18th March, with significant damage reported. QatarEnergy announced that several other LNG facilities had also been attacked, “causing sizeable fires and extensive further damage”. Qatar’s Foreign Ministry declared Iranian diplomatic staff persona non grata in response. Ras Laffan was previously targeted on 2nd March, prompting the suspension of LNG production.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Qatar – Travel: Despite the Qatari airspace closure persisting, a limited number of Qatar Airways flights are operating within a limited safe air corridor in liaison with the Qatar Civil Aviation Authority. Qatar Airways released a new schedule of flights operating from 18th-28th March.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Saudi Arabia - Countrywide: The Saudi Ministry of Defence announced that a drone fell on the SAMREF refinery in the Red Sea port of Yanbu on 19th March, adding there was minimal impact. The authorities also announced that it intercepted four ballistic missiles targeting Riyadh on 18th March.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>Saudi Arabia – Travel: Saudi Arabia’s airspace is open as of 19th March.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>United Arab Emirates – Countrywide: The authorities announced on 19th March that missiles targeting the Habshan Gas Facility and the Bab oil field had been successfully intercepted, although outlined that it was responding to incidents caused by associated debris. The UAE Ministry of Defence announced that it intercepted 13 ballistic missiles and 27 drones on 18th March, as well as seven ballistic missiles and 15 drones on 19th March.</p>	<p>Probably true</p>	<p>Reliable</p>
<p>United Arab Emirates - Travel: Airspace is operating under partial restrictions as of 19th March, with significant disruption to flight schedules persisting at all airports.</p>	<p>Confirmed true</p>	<p>Reliable</p>
<p>Turkey – Countrywide: Turkey’s Defence Ministry announced on 18th March that NATO is deploying a second Patriot missile defence system to the southern Adana province.</p>	<p>Probably true</p>	<p>Usually reliable</p>
<p>Strait of Hormuz - Regional: Following a lull in reports of attacks since 12th March, a tanker was struck while at anchor 23 nautical miles east of Fujairah on 17th March.</p>	<p>Probably true</p>	<p>Usually reliable</p>

<p>Regional: Reports indicate that Gulf states have requested an urgent debate at the United Nations Human Rights Council in relation to Iranian strikes targeting civilian and energy infrastructure across the region.</p>	<p>Probably true</p>	<p>Usually reliable</p>
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Assessment

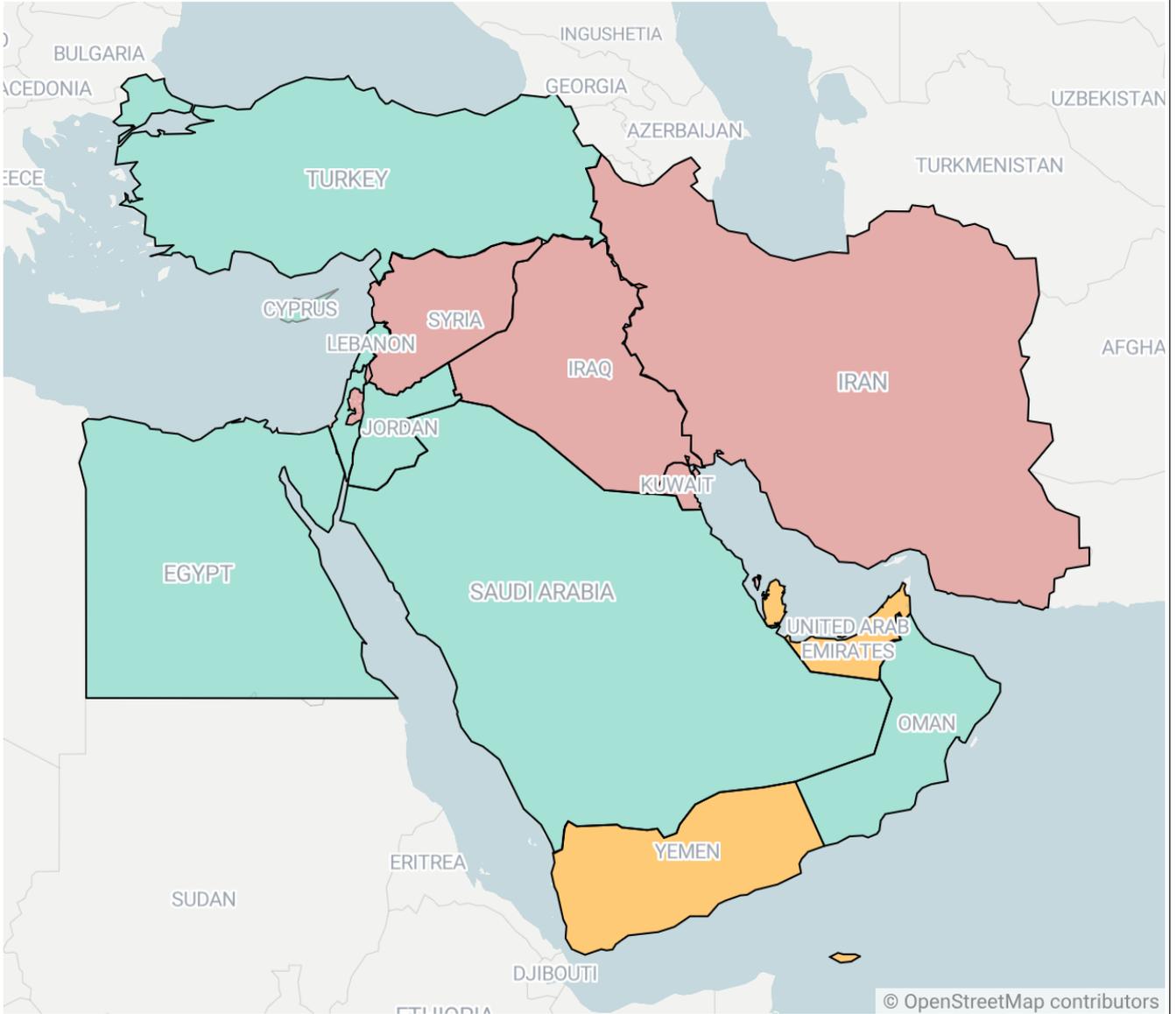
Description	Confidence
<p>Conflict Outlook - The conflict has evolved into a war of attrition. For the conflict to end without negotiations, either the US and Israel must degrade Iran’s military capabilities to the point that it can no longer meaningfully retaliate against targets in the region, or Iran must continue to cause disruption to global oil exports and thereby compel the US to relent.</p>	<p>High</p>
<p>Iran is gradually expanding, in both scope and geography, the list of what it considers legitimate targets in the region. Each expansion in targeting has been preceded by US-Israeli strikes on similar facilities in Iran. Iran has been issuing warnings to people in the vicinity of sites it claims it will target. As was the case with its warnings towards people near banks and oil facilities, Iran appears to follow through on its warnings to some degree. Further strikes without warning remain a realistic possibility.</p>	<p>High</p>
<p>A negotiated settlement or diplomatic solution is highly unlikely in the coming week, with no signs to suggest that efforts for such an end are underway. Despite diminishing military capabilities, Iran is determined to continue fighting since the war is one of survival for the state/government. Polls indicate that most Americans disapprove of the war and do not understand its objectives, making extrication from it challenging for President Trump as doing so without demonstrating clear gains may be perceived as a defeat.</p>	<p>Moderate</p>
<p>Based on statements from Israeli government officials and trends, we assess that Israel is keen to continue the war until it is satisfied that Iran no longer poses a threat. Israel may continue with its campaign even if the US were to consider pausing its activities.</p>	<p>Moderate</p>
<p>Conflict (1) – Although Iran’s retaliatory attacks are ongoing, the overall regional quantity of projectiles has been declining since the conflict began, suggesting that reports that Iran’s ballistic missile capability has diminished may be true. However, Iran has a large supply of Shahed drones, which it can use to continue to cause disruption in the region – including in the Strait of Hormuz.</p>	<p>High</p>

<p>Conflict (2) – The US’s traditional allies, such as the UK, are reluctant to provide military support in the Strait of Hormuz. Their decision reflects an aversion to putting personnel and equipment at risk, as Iran maintains the ability to damage vessels in the Persian Gulf.</p>	<p>High</p>
<p>Conflict (3) - External conflict risks remain elevated across the region despite the reduction in daily Iranian attacks.</p>	<p>High</p>
<p>Conflict (4) – It is improbable that the US will deploy ground forces in Iran, despite recent reports suggesting it was discussing the possibility. The war remains unpopular in the US, and a deployment of ground forces may alienate supporters of the US government.</p>	<p>Moderate</p>
<p>Conflict (5) – Iran continues to demonstrate an ability to asymmetrically retaliate to US and Israeli strikes. Despite apparently diminishing capabilities, Iran can still impact regional energy and infrastructure facilities, and thereby increase the pressure on Gulf fuel exports – in addition to its control over the Strait of Hormuz. It runs the risk of compelling the GCC countries to join the US-Israeli coalition, but, despite warnings to Iran from the Gulf countries, signs suggesting such a scenario are currently limited.</p>	<p>Moderate</p>
<p>Regional Travel - Regional travel continues to experience disruptions due to continue Iranian attacks. While flight and airport operations have improved over the past week, they are unable to return to pre-conflict levels of stability while the conflict continues and Iranian projectiles continue posing a risk to carriers.</p>	<p>High</p>

Images and Mapping

Middle East airspace through 19/03

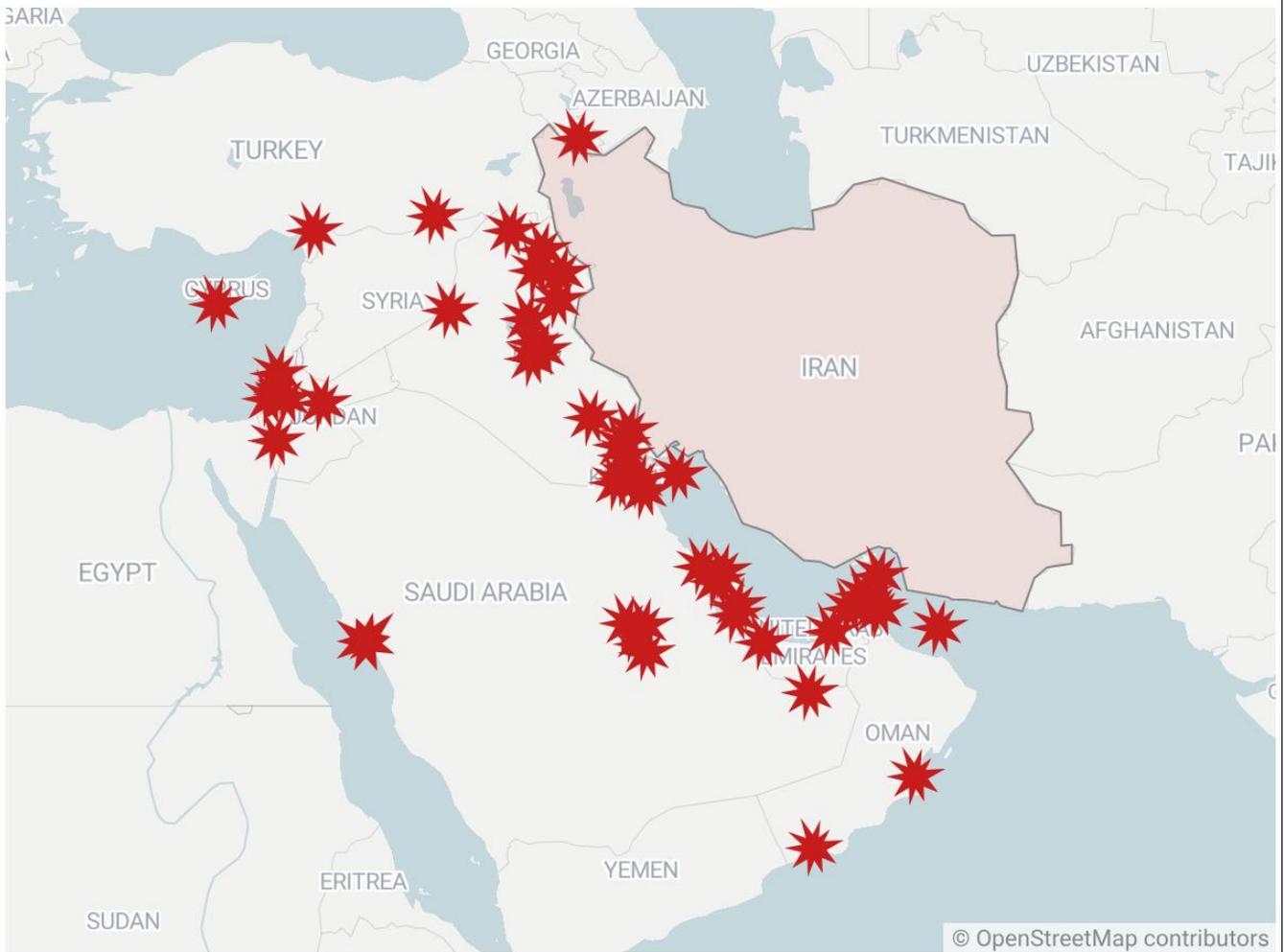
Middle East Airspace



- Airspace Closed
- Partial Closures/Airspace Avoidance
- Airspace Open

Map: Healix GSOC • Created with Datawrapper

Reported Iranian Retaliatory Attacks through 19/03



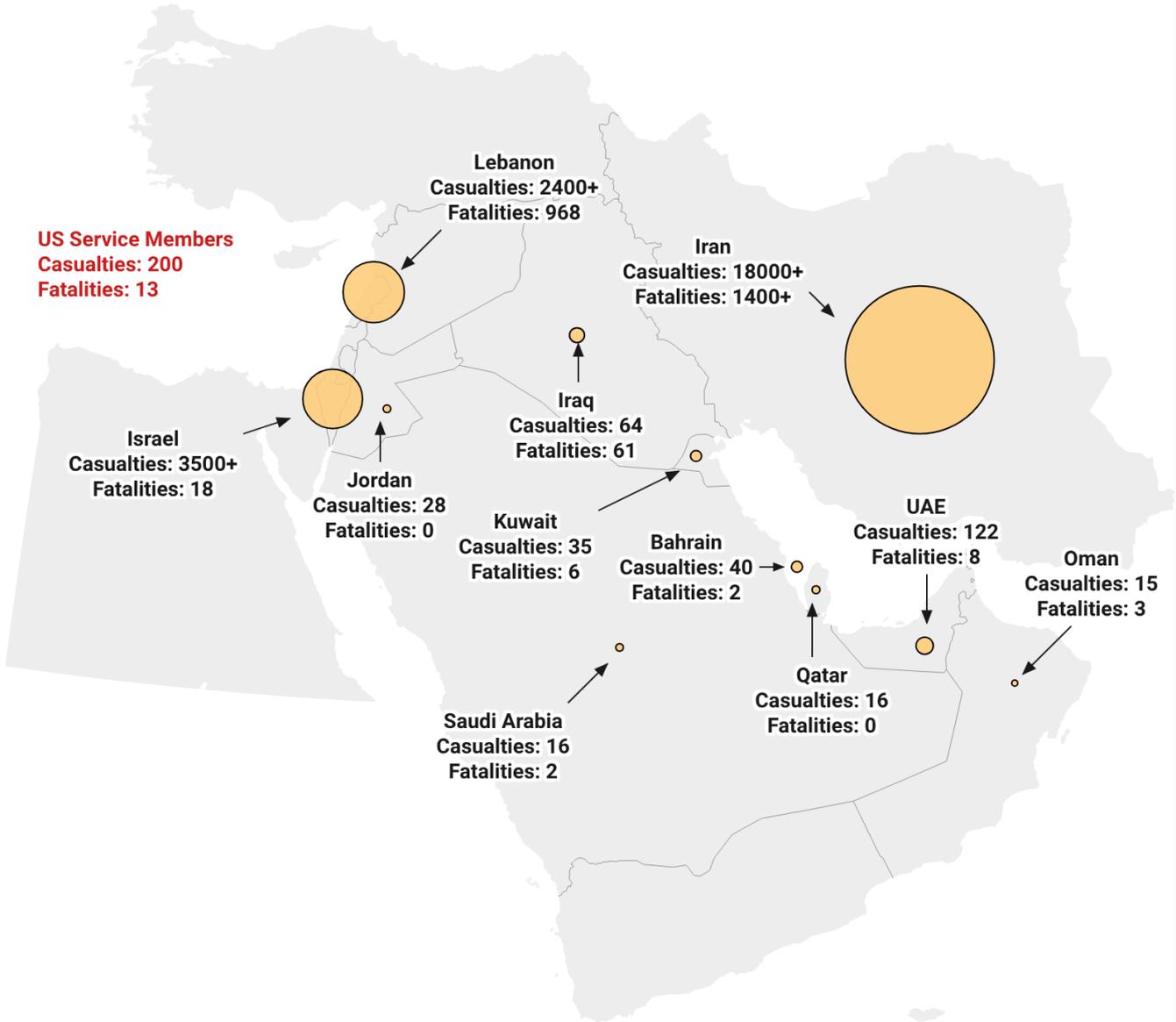
 Iranian Attack Locations

Non-exhaustive list of notable strike locations, including intercepted debris and direct hits (as 12h00 GMT 19/03)

Map: GSOC • Created with Datawrapper

Casualties-Fatalities linked to the Conflict through 19/03

Casualties/Fatalities

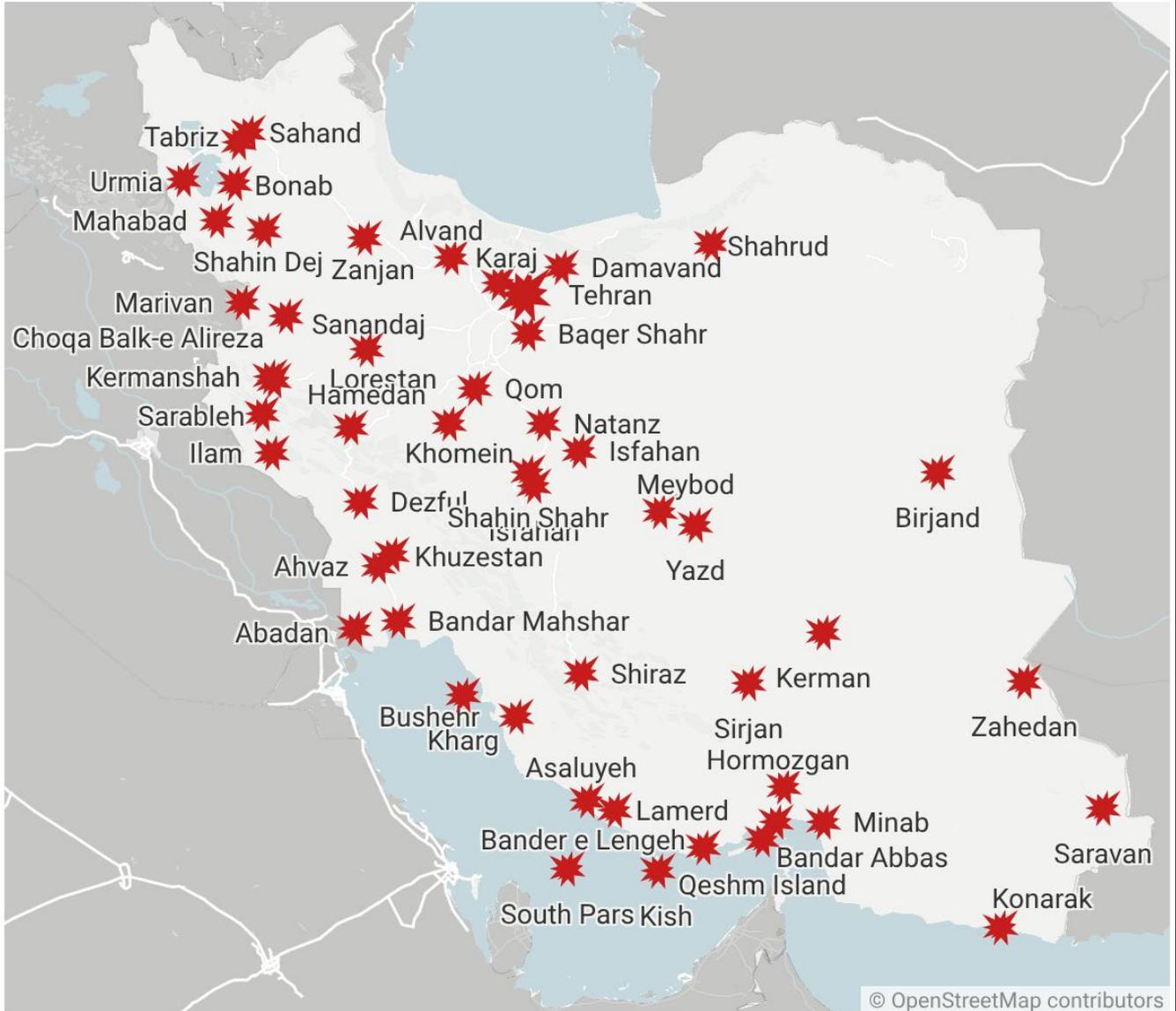


As of 19th March

Map: Healix GSOC • Source: Several, primarily Al Jazeera • Created with Datawrapper

Reported attacks on Iran through 19/03

Strikes in Iran



 Reported Strikes

Non-exhaustive list of strikes in Iran (12h00 GMT 19/03)

Map: Healix GSOC • Created with Datawrapper

Forecasting

Description				
Iranian strikes continue to decline day-on-day, although some countries still experience periodic fluctuations in drone and missile strikes. Airlines continue to increase outbound flight operations through airspaces that remain open. The patterns continue to vary, however, as the relevant authorities temporarily restrict or clear airspace during periods of heightened projectile activity. The US and Israel continue to conduct regular strikes on targets in Iran. Shipping through the Strait of Hormuz remains disrupted.				
Scenario Likelihood	Scenario Confidence	Scenario Timeframe	Concern Level	Risk Trend
Highly Likely (80%-90%)	High	Coming week	Major	Deteriorating

Original Alert

Date / Time of Publication	Time Since Publication	Tags	Alert Level
19 March 2026 11:31	3 hours, 43 minutes	Conflict, MENA, Military Activity, Security	3
Description			
Regional: Continue abiding by official directives and relevant embassy warnings amid conflict across the Middle East through 19th March. Continue abiding by official directives and relevant embassy warnings amid conflict across the Middle East through 19th March. Notable incidents over the previous 24 hours include an Iranian ballistic missile attack on Qatar's Ras Laffan Industrial City, reportedly causing significant damage. Further Iranian retaliatory attacks are almost certain in the next 24 hours, with the scope of targets gradually expanding, despite the overall decreasing trend in projectile numbers. Review shelter-in-place procedures and monitor the viability of outbound travel, if necessary.			

Disclaimer

Assumptions are made about traveller exposure based on technology generated data points, some of which are user driven and as such, specific location accuracy cannot be guaranteed. All risk intelligence content provided represents the best judgement of Healix International based on information available at the time of publication. The information is current and cannot anticipate future issues or address past events. © Healix International. All rights reserved. Reproduction is prohibited except with prior written consent of Healix International.

The conflict in the Middle East is evolving, and Healix is monitoring closely. As such our advice is under regular review.

For up-to-date intelligence or for on-the-ground support, please reach out to GSOC@healix.com.



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