

“You know, we’ve seen much worse.”

When I recently contacted a Holocaust survivor, checking in by phone, he calmly and resolutely told me, “You know, we’ve seen much worse.”

“Of course,” I acknowledged, “but still, please don’t go out, and make sure you have a sufficient supply of medicine, just in case of shortages.” He responded, “God saved me once and He will do it again, but I can help a little too. I’m not going out this week.”

As we witness your resolve, we are awestruck. Your determination serves as constant inspiration for everyone in the Claims Conference family to do even better — for you. How extraordinary, in the midst of this coronavirus crisis, with thousands of social workers and volunteers around the world rushing to reach out to survivors, your unruffled response is often to calm the very ones who are calling you — “We’re fine; we’ll be ok. We’re being careful.” The strength you exhibit during the adversity and uncertainty enveloping us serves as a clarion call

for the Claims Conference to carry on with our work, whatever the challenges. As a result, our commitment has never been more firm or more heartfelt, to ensure that the delivery of critical services and compensation continues to be preserved.

We admire and deeply value your resilience and tenacity, and we know that we can get through this together. Please do not hesitate to contact your local agencies ([see the list on page 7](#)) if you need help.

On behalf of the Claims Conference community — our lay leaders and staff, as well as our extended family of social workers, care managers and home care workers — we send our best wishes for your health and well-being.



As always,

Julius Berman



Greg Schneider

“Понимаете, мы пережили намного более страшные времена.”

Когда я недавно позвонил человеку, пережившему Холокост, он спокойно и решительно сказал мне: “Понимаете, мы пережили намного более страшные времена.”

“Конечно,” подтвердил я, “но все же, пожалуйста, не выходите из дома и запаситесь достаточным количеством лекарств на случай дефицита.” Он ответил: “Бог спас меня однажды, и Он опять меня спасет, но я могу Ему немного помочь. Я не буду выходить на этой неделе.”

Нас поражает ваша твердость духа, которую мы наблюдаем. Ваша непреклонность вдохновляет всех, кто относится к Клеймс Конференс, работать еще больше - на ваше благо. Как потрясает и порой успокаивает многочисленных социальных работников и волонтеров по всему миру, спешащих на помощь пережившим Холокост во время этого кризиса, вызванного коронавирусной инфекцией, Ваш невозмутимый ответ - “Мы в порядке, мы справимся. Мы будем осторожны.” Сила духа, которую вы являете в эти смутные времена, полные бедствий, служит для Клеймс Конференс боевым призывом продолжать работу, несмотря ни на

какие препятствия. В результате, наша решимость продолжать обеспечивать предоставление необходимых услуг и компенсаций, никогда не была более твердой и искренней.

Мы глубоко ценим вашу стойкость и упорство и восхищаемся ими, и знаем, что вместе мы справимся. Пожалуйста, без колебаний звоните вашим местным еврейским организациям, если вам нужна помощь - см. [список на странице 7](#).

От имени всех, кто относится к Клеймс Конференс - нашего руководства и сотрудников, а также сообщества социальных работников, менеджеров по обслуживанию и работников социального обслуживания на дому - мы желаем вам здоровья и благополучия.

Всегда ваши,
Юлиус Берман

Грег Шнайдер



Social Distancing Doesn't Mean Social Isolation

Yes, the requirement for everyone, and especially older adults, right now is to stay home and avoid visits with other people to keep from getting sick. That's important advice, but no doubt it's interrupting your usual social interactions — going out to events, to senior clubs and even seeing family.

By Fran Kritz

That can be disappointing, and even socially isolating. But there are things you can do to engage in a whole new way. Start with conversation. Especially if you live alone, you'll want to create time for conversations by phone.

"Now is such a good time to think about who you enjoy speaking with and arranging to talk on a regular basis," says Rabbi Jonathan Malamy, director of Spiritual Life at The New Jewish Home in New York. "You might want to talk about the news a bit, but it's also a good time to catch up on history, share some stories you haven't told before or enjoy retelling."

And listening is an especially valued skill now. When people are anxious it is comforting to know that someone is interested in engaging, so your efforts to keep up connections and let people know you need them and want to speak with them will help you both so much, says Dana Dorfman, Ph.D., a psychotherapist in New York City.

Dr. Eva Fogelman, a psychologist in private practice who works with many Holocaust survivors, suggests that people not spend too much time watching television news — perhaps once to catch up in the late morning and then

again in the late afternoon.

"After that, watch movies," Dr. Fogelman urges. If you have a computer and a library card you can download movies from your library branch website for free. Facebook member? Log onto the Claims Conference Facebook page for information on downloading movies online.

She also recommends that survivors, particularly those who don't have family nearby, might make a connection with a college student who is now home, and speak regularly by phone, and perhaps learn something together. Jewish Family Service agencies around the country are arranging innovative forms of interaction.

For those who may want to speak to a therapist, Dr. Fogelman advises speaking by phone, since in-person visits pose a risk right now. She suggests that those who are disappointed that they are unable to attend programs like Café Europa at the moment might reach out by phone to someone else from the group. (The organizers may be able to help with phone numbers.)

"Feeling isolated now is understandable of course," says Karen DeOssie, LCSW, the managing director of the Holocaust Survivor Program at Selfhelp Community Services, Inc., in New York City. But there are some great steps you can take to engage your friends and family in new ways.

"Technology you have in your home can be a good way to connect, but you don't need lots of technology to create those connections," says DeOssie. "If



you have a computer and already have video visits with friends and family, schedule some now — but not too many each week, or you could be overwhelmed."

And if you haven't done that before, and have a smart phone or computer, a friend, child or a grandchild can walk you through steps to set it up. But DeOssie, like Rabbi Malamy, says that meaningful conversations are great on the phone too.

"Put yourself in charge of the timing," she says. "Everyone's schedule has changed, and you may be taking an afternoon nap, or watching a television program you love. Figure out the best time to speak that fits your schedule, and that can change as you settle into a new routine."

As for television, non-news stations, especially public broadcasting channels, are adding to their content during the day and you are likely to find lectures, concerts and even opera performances from some of the great halls, such as Lincoln Center and the Metropolitan Opera House. The television section of the newspaper is a good guide, and you might want to find a TV buddy to help the two of you find, and then discuss, some new programs.

continued on page 4

FRAN KRITZ is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. For a decade she was the health reporter for the New York Jewish Week and is a frequent contributor to NPR.org and the Washington Post.



©Conference on Jewish Material Claims Against Germany, Inc. (Claims Conference)
Julius Berman, President
Greg Schneider, Executive Vice President

HOW TO PROTECT YOURSELF & OTHERS



Know How it Spreads:

There is currently no vaccine to prevent coronavirus disease (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should:

CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes**, nose and mouth with unwashed hands.

- Wear a face mask or face covering when you go outside.** (It should cover your mouth and nose.)

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

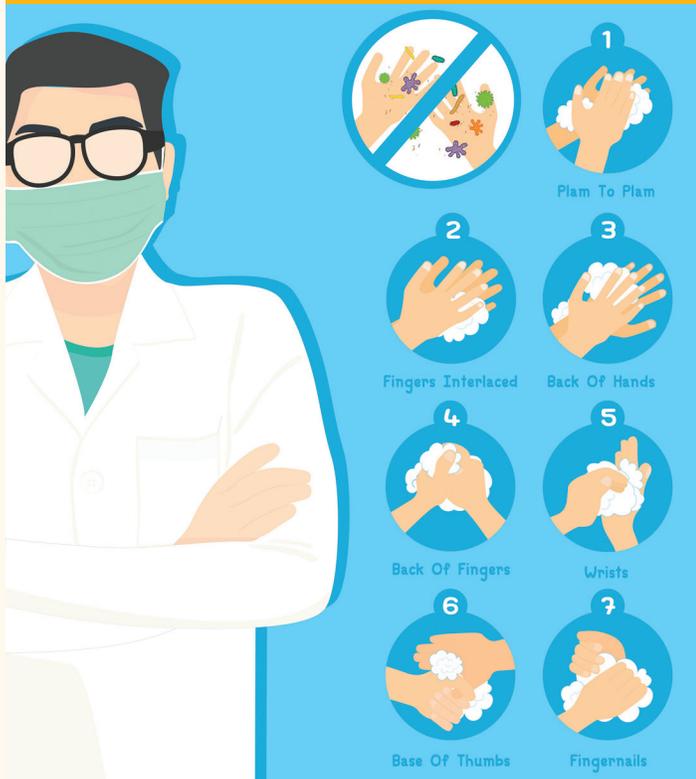
Stress and Coping:

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during this crisis. Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories and social media.** Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.** Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind.** Try to do activities you enjoy.
- Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily routines.**

HOW TO WASH YOUR HANDS



Recapture the Joy of Reading through The JBI FREE Library for visually impaired and blind individuals.

JBI is the world's largest library of Jewish interest for people of all ages and backgrounds who cannot read standard print, offering fiction, history, biographies, periodicals, a concert and lecture series and much more, in Audio, Large Print and Braille, all provided free of charge and delivered to your home. **JBI Talking Books** are available in English, Russian, Yiddish and other languages. Liturgical materials are available in all formats.

Email aarfe@jbilibrary.org or visit JBI's website at www.jbilibrary.org, or call 800-433-1531, JBI, since 1931, connecting blind and visually impaired individuals to the Jewish world.

Social Distancing Doesn't Mean Social Isolation

continued from page 2

Online, many museums have tours that take you through their collections and exhibitions, including the Louvre, the Guggenheim, the Getty in Los Angeles and the Smithsonian (si.edu/exhibitions/online). Aquariums including the national one in Baltimore now offer video tours online (aqua.org/Experience).

Read or reread favorite books. Listen to the music you love. If you enjoy crafts, think about knitting small blankets for babies in the ICU, or small dolls, that can be delivered to local hospitals once the pandemic passes.

And whether you're a veteran game player or not, this might just be the time to learn some new game skills. Leora Raskas, a recreation specialist for older adults, has ideas for games to play on your own and with others over the phone or via computer:

► **Word in a Word:** See how many smaller words you can make from a larger word or phrase. Letters can be used in any order, but each letter can only be used once. For example: "George Washington." Possible answers include, ton, egg, shine, shrine, hint, here, etc. "All you need is paper and pencil, though if you have letter tiles around that can be fun and work well if you're playing over Skype."

► **Categories:** The goal is to think of five items in a given category within two minutes. Examples: Fruits, names that start with the letter M, Olympic games, soda brands, Supreme Court Justices, jazz singers.

Heather Angel M.S.W., director of the Holocaust Program and Valley Storefront Senior Center at Jewish Family Service in North Hollywood,

Calif., says Holocaust survivors should also realize their importance as sources of strength during this time, especially when they speak to children and grandchildren.

"You can give perspective on facing a challenging situation," she says

And consider this a chance to learn something new. Some senior centers have call-in classes or discussions, suggests Mark Meridy, director of Dorot, an intergenerational program in New York City which offers "university without walls" online small group classes. He advises seniors to look for similar programs in their city by going online or calling Jewish Community Centers, synagogues and senior centers.

Heather Angel also suggests new



hobbies that you, or someone on your behalf, can order online including intricate coloring books and markers, crossword and multi-piece jigsaw puzzles and math games like Sudoku. "Order one for yourself and one for a friend or family member," suggests psychotherapist Dr. Dana Dorfman. "The shared experience of working on the same game or puzzle will delight both of you, especially now."

Having to change your schedule and activities is frustrating and disappointing. You may have new blocks of free time, which may turn into opportunities for new interests. Planning activities and virtual visits can help you feel connected and help you enjoy yourself right now. ►

If you are lonely and would like a volunteer to call you weekly for a personal social call, please contact the **Claims Conference at (646) 536-9100.**

If you need help and need to contact a local agency, please look on page 6 and 7.

Please note: ANNUAL LIFE CERTIFICATES FOR ARTICLE 2 FUND PENSION
The annual life certificate process for Article 2 fund pension recipients typically starts in April. This process has been suspended for, at least, 8 weeks. We will evaluate on an ongoing basis when we feel it is safe to initiate this process for 2020.

ДОРОГИЕ ДРУЗЬЯ

Если вы чувствуете себя одинокими, и хотели бы, чтобы волонтер звонил вам раз в неделю, пожалуйста свяжитесь с Клеймс Конференс по телефону (646) 536-9100.

Если вам нужна помощь и вы хотите связаться с местной еврейской организацией, смотрите на страницу

Внимание: ЕЖЕГОДНОЕ ПОДТВЕРЖДЕНИЕ НАХОЖДЕНИЯ В ЖИВЫХ ДЛЯ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДА А2

Ежегодный процесс подтверждения нахождения в живых для получателей пенсии из Фонда А2 обычно начинается в апреле. Этот процесс был отложен как минимум на 8 недель. Мы будем наблюдать за ситуацией по мере ее развития и решать, когда, по нашему мнению, будет безопасно начать этот процесс в 2020 году.

At Home: Stay Healthy and Fit

A friend tells me of two neighbors and friends, who live on the same hallway in an apartment building and meet in their doorways — always separated by the wide hallway in between. They chat and encourage each other to exercise. Sometimes they do some stretching together.

Please, in these challenging times and always, take good care of yourself.

By Sandee Brawarsky Drink plenty of water, get a good night's sleep every night, enjoy nourishing soup and other comfort foods — and exercise. It's not always easy, but worth every effort.

Dr. Jay Gross, a cardiologist at Montefiore Hospital in the Bronx, recommends that people of all ages get out of their chairs and do some walking to the extent that they can, and (modified if standing/walking is not an option) — even inside their homes or right outside — as well as simple exercises to stay healthy and fit. He says that 30 minutes of daily moderate exercise can help break up the monotony of the day.

Of course, at home and always, please be careful of falling — it helps to clear an area for daily exercise if possible. And, it's always important to have an emergency lifeline on you at all times, even in the house.

Charlotte Chandler Stone, the owner and founder of Stone Center for Yoga and Health in Teaneck, N.J., is a certified yoga therapist and teacher who has been practicing yoga and meditation for 45 years. Her greatest passion is to share yoga and make it accessible for people of any age and fitness level.

Stone, who works regularly with seniors in all sorts of settings, believes that it's very important for people to try to stay fit at all times.

"If we stop exercising, we



SANDEE BRAWARSKY is the culture editor of *The Jewish Week* and editor of *L'Chaim*.

get achy and tired, and it's a negative spiral, reinforcing itself and going in the wrong direction. What helps a lot is when people make an affirmative decision to practice well-care, to do a few things that help keep them young," she says.

"You can keep moving, even in a wheelchair. You can do yoga or tai chi standing or sitting in a chair. I have seen seniors do beautiful movements, which keep them young."

Here's a brief series of gentle stretches, to be done very slowly:

- ▶ Sit in a sturdy chair (or a wheelchair). Take deep breaths and blow them out slowly — not like blowing out birthday candles but very slowly. Do this three to five times. No stressing.
- ▶ Then make very gentle head movements, lowering your right ear to your right shoulder and then do the other side. Turn your head to one side, keeping it level, and then to the other.
- ▶ Shrug your shoulders up to your ears and down — that is a great tension reliever. Do this a few times.
- ▶ Then turn your palms up and curl your fingers one by one to make a gentle fist and then let go.
- ▶ Touch your shoulders with your fingertips and then straighten your arms out to the side. Reach your arms out in front of you and out to the side and above you.
- ▶ Holding onto the back of the chair, sit up straight and then lean forward slowly and take a few breaths. Then sit back again.
- ▶ With your feet on the ground, do some marching, stomping one foot and then the other. Imagine that you are stomping grapes (with your shoes on!).

"This can be a 15-minute practice," she says, emphasizing, "Exercise and movement always enhance mood."

Stone suggests that in nice weather — and we are experiencing some beautiful, sunny days — it's great to get



outside for even a short amount of time, to take a short walk whether in a yard or driveway or on the sidewalk, minding social distance space of at least six feet (and wearing a mask or face covering). Or take a chair outside and have a seat and feel the sunlight, if you can do so on your balcony, porch or in your backyard, always avoiding being close to others.

"Go outside, when possible, to see trees and to see daylight, everyday," says Stone, who grew up in Switzerland. "It's a wonderful, healthy thing to do." Of course, all of this depends on your situation. The number one priority is not to expose yourself to the virus; but anything you can safely do to get fresh air will help.

She also points out that, for those who have computers, there are online resources for doing simple exercise and gentle yoga classes, which might be done along with a home health aide or close relative (home health aides and relatives need to practice self-care too!).

"Stay playful and have some fun," she urges.

Eating Well

Good nutrition is another important aspect of wellness.

Bonnie Taub-Dix, RDN, a nutrition consultant, emphasizes the importance of foods that might boost the immune system — these foods are important year-round in a healthy, balanced diet and especially important now, in light of the spread of the coronavirus.

She encourages seniors to include in their diets citrus fruits, blueberries and strawberries, bell peppers, broccoli, leafy greens, garlic, ginger and turmeric — all foods that help boost the immune system. And when it's more difficult to shop for fresh fruits and vegetables, she says that frozen fruits and vegetables

continued on following page

At Home: Stay Healthy and Fit

continued from previous page

are good choices as they are filled with nutrients. She suggests mixing frozen vegetables with low-sodium broth for healthy soup, and likes to mix frozen fruit in a blender for a smoothie, perhaps with peanut butter and/or almond milk, both very good sources of calcium and important for bone health.

Taub-Dix recommends protein at every meal, whether an egg or egg white, nuts and nut butters (very easy to store), poultry and fish, even if it has to be frozen, or tuna or salmon in a can, as well as beans from a can (it's a good idea to rinse them to get rid of the sodium). It's best, she says, to limit foods that don't have much nutritional value, like cookies, pastries and chips – but it doesn't mean you can't have any. And, it's best to try to avoid eating late at night, which can affect digestion and the ability to sleep.

When asked if there is a superfood, Taub-Dix, who is the creator of Better-ThanDieting.com and author of "Read

It Before You Eat It - Taking You from Label to Table," admits that she likes cottage cheese. "It's an underrated food, so high in protein."

For those who are not doing their own cooking and relying on food deliveries for meals, enjoy the variety of foods sent to you.

Don't deviate from doctor's orders. This is all general advice but always listen to your doctor. If you are on a restricted diet, please keep following your program.

Finding Your Balance

Dr. Elaine Shizgal Cohen, a retired leader in Jewish education, active community volunteer and teacher of "Wise Aging," says, "I think that in these trying times, balance has to be a primary goal in everything that we do. It's really challenging to access equanimity when everyone is feeling fearful and anxious, and it's all too easy to stop caring about nutrition when it surely matters. Eating well is always important to maintain good health, and right now, while we are spending a

lot of time alone, it's especially important to look after ourselves."

Dr. Cohen also recommends meditation as a help in staying calm and easing tension.

"Even if you see meditation as something that people who are different from you do, you can try it and see if it works for you. I'd recommend giving it a chance for 10 to 20 minutes at a time for a few days. You'll get a sense of whether it's making a difference to your state of mind."

For those who have access to the internet, via computer or phone, it's easy to find guided meditations to help get started. She recommends the Institute for Jewish Spirituality, an educational organization that uses Jewish teachings to cultivate mindfulness and enliven Jewish life. They offer a free half-hour "sit," weekdays at 12:30 p.m., which combines some guided reflection, poetry and meditation.

"It helps you feel less alone to know that about 250 people are doing this together from their homes near and far away."

(To sign up, contact jewishspirituality.org or [646] 876-9923, ID# 880 292 556.)

If you are a Holocaust Survivor who needs help, please call one of the numbers below.

Each agency listed below is funded by the Claims Conference to help support a designated Holocaust Survivor Assistance Program. If you know a survivor who needs aid or if you would like to volunteer to help a survivor, please contact any of the agencies below.

UNITED STATES

ARIZONA

Jewish Family & Children's Services of Southern Arizona
Tucson (520) 795-0300

Jewish Family & Children's Services
Phoenix (602) 279-7655

CALIFORNIA

Jewish Family & Community Services of East Bay
Berkeley (510) 704-7475 ext. 275

Jewish Federation and Family Services of Orange County
Irvine (949) 435-3460



Jewish Family and Children's Service
Long Beach (562) 427-7916

Jewish Family Service
Los Angeles Location Based
San Fernando Valley (818) 984-1380
West Hollywood (323) 851-8202
City of Los Angeles (323) 937-5900

Jewish Family Services of Silicon Valley
Los Gatos (408) 556-0600

Jewish Family Service
San Diego (858) 637-3210

Jewish Family and Children's Services
San Francisco (415) 449-3700

COLORADO

Jewish Family Service of Colorado
Denver (303) 597-5000

CONNECTICUT

Jewish Family Services of Greater Hartford
West Hartford (860) 236-1927

FLORIDA

Ruth & Norman Rales Jewish Family Services
Boca Raton (561) 852-3333

Gulf Coast Jewish Family & Community Services
Clearwater (727) 479-1800

Jewish Family & Community Services
Jacksonville (904) 448-1933

Jewish Community Services of South Florida
North Miami (305) 899-1587

Goodman Jewish Family Services of Broward County
Plantation (954) 909-0800

Ferd & Gladys Alpert Jewish Family & Children's Service
West Palm Beach (561) 684-1991

GEORGIA

Jewish Family and Career Services
Atlanta (770) 677-9300

ILLINOIS

Jewish United Fund of Metropolitan Chicago
Chicago (773) 508-1004

INDIANA

Jewish Federation of Greater Indianapolis
Indianapolis (317) 536-1476

MARYLAND

Jewish Community Services
Baltimore (410) 466-9200

Jewish Social Service Agency
Rockville (301) 838-4200

MASSACHUSETTS

Jewish Family and Children's Service of Greater Boston
Waltham (781) 647-5327

MICHIGAN

Jewish Family Service of Metropolitan Detroit
Detroit (248) 592-2313

MINNESOTA

Jewish Family and Children's Service
Minneapolis (952) 546-0616

NEW JERSEY

Jewish Family & Children's Service
of Monmouth County
Asbury Park (732) 774-6886

Samost Jewish Family and Children's
Service of Southern NJ
Cherry Hill (856) 424-1333

Jewish Family Service & Children's Center
Clifton/Passaic (973) 777-7638

Jewish Family Service of Central New Jersey
Elizabeth (908) 352-8375

Jewish Family Services of Metrowest
Florham Park (973) 765-9050

Jewish Family & Children's Service
of Ocean County
Lakewood (732) 363-8019

Jewish Family Service of Atlantic County
Margate City (609) 822-1108

Jewish Family & Vocational Service
of Middlesex County
Milltown (732) 777-1940

Jewish Family & Children's Service
of Greater Mercer County
Princeton (609) 987-8100

Jewish Family Service of Somerset,
Hunterdon & Warren Counties
Somerville (908) 725-7799

Jewish Family & Children's Services
of Northern New Jersey
Teaneck (201) 837-9090

NEVADA

Jewish Family Service Agency
Las Vegas (702) 732-0304

NEW YORK

Guardians of the Sick /
Bikur Cholim Hessed Organization
Brooklyn (718) 438-2020

Jewish Community Council
of Greater Coney Island
Brooklyn (718) 449-5000

United Jewish Organizations of Williamsburg
Brooklyn (718) 643-9700

Selfhelp Community Services
Manhattan (212) 971-5475

Bikur Cholim of Rockland County
Monsey (845) 425-7877

Community Improvement Council
New Square (845) 354-4100

Rockland Jewish Family Service
West Nyack (845) 354-2121

Westchester Jewish Community Services
White Plains (914) 761-0600

OHIO

Jewish Family Service of Greater Cincinnati
Cincinnati (513) 469-1188

Jewish Family Service Association
Cleveland (216) 292-3999

Jewish Family Services
Columbus (614) 559-0379

OREGON

Jewish Family and Child Service
Portland (503) 226-7079

PENNSYLVANIA

Jewish Family and Children's Service
of Greater Philadelphia
Philadelphia (866) 532-7669

Jewish Family and Community Services
Pittsburgh (412) 422-7200

TEXAS

Jewish Family Service of Greater Dallas
Dallas (972) 437-9950

Jewish Family Service
of Houston
Houston (713) 667-9336

WASHINGTON

Jewish Family Service
Seattle (206) 461-3240

CANADA

Jewish Family Services
Edmonton (780) 454-1194

Cummings Jewish Centre
for Seniors
Montréal (514) 342-1234

Coronavirus Hotline (514) 734-1441

Jewish Family Services of Ottawa
Ottawa (613) 722-2225 ext. 311 & 312

Circle of Care
Toronto (416) 635-2860

Jewish Family & Child Service
Toronto (416) 638-7800

Jewish Family Services
Vancouver (604) 558-5701

Coronavirus Hotline (604) 558-5719

If you live in the United States or Canada
outside the listed areas, please call the
Claims Conference for assistance (646) 536-9100.

PO Box 1215 New York, NY 10113 | **Email:** info@claimscon.org | **Web:** www.claimscon.org | **Facebook:** /claimsconference | **Phone:** 646-536-9100

КАК ЗАЩИТИТЬ СЕБЯ И ДРУГИХ



Как он распространяется:

- ▶ На данный момент не существует вакцины от коронавирусной инфекции 2019 (COVID-19).
- ▶ **Лучший способ не заболеть это избежать контактов с этим вирусом.**
- ▶ Насколько известно, вирус главным образом передается от человека к человеку.
 - Между людьми, которые находятся в тесном контакте друг с другом (в пределах около 6-ти футов/2-ух метров).
 - Воздушно-капельным путем, когда зараженный человек кашляет, чихает или разговаривает.
 - Эти капли могут попасть в рот, нос или легкие людей, находящихся неподалеку.
 - Некоторые недавние исследования предполагают, что вирус могут распространять люди, которые не испытывают симптомов.

Все должны:

ЧАСТО МЫТЬ РУКИ

- ▶ Часто мойте руки водой и мылом как минимум 20 секунд, особенно после того, как вы побывали в общественных местах, сморкались, кашляли или чихали.
- ▶ Если мыло и вода недоступны, **используйте санитайзер для рук, содержащий не менее 60% алкоголя.** Наносите его на всю поверхность рук и растирайте до тех пор, пока руки не высохнут.
- ▶ **Не трогайте грязными руками глаза, нос и рот.**
- ▶ **Закрывайте лицо маской или другим подходящим материалом, когда выходите на улицу.** (Они должны закрывать рот, нос и подбородок).

ОБРАБОТКА И ДЕЗИНФЕКЦИЯ

- ▶ **Ежедневно обрабатывайте, А ТАКЖЕ дезинфицируйте поверхности, к которым часто прикасаетесь.** Это включает столы, дверные ручки, выключатели, кухонные поверхности, ручки, письменные столы, телефоны, клавиатуры, унитазы, краны и раковины.
- ▶ **Если поверхности грязные:** Используйте мыло или другое моющее средство с водой, прежде чем приступить к дезинфекции.
- ▶ **Как справляться со стрессом:** Пожилые люди находятся в группе повышенного риска тяжелых осложнений от заражения вирусом COVID-19, что может приводить к повышенному уровню стресса во время этого кризиса. Страх и нервное напряжение, вызванные пандемией COVID-19, могут стать невыносимыми и вызывать сильные эмоции.

Что можно делать, чтобы поддержать себя:

- ▶ **Делайте перерывы, когда смотрите, читаете или слушаете новости** в СМИ или социальных сетях. Постоянно слушать новости о пандемии может быть очень тяжело.
- ▶ **Ухаживайте за своим телом.** Делайте глубокие вдохи, растяжки, практикуйте медитацию. Старайтесь есть полезную, сбалансированную еду, регулярно делать упражнения, выделять много времени на сон, а также избегать алкоголя и наркотиков.
- ▶ **Выделяйте время на отдых.** Старайтесь заниматься еще чем-то, что вам нравится.
- ▶ **Общайтесь с другими людьми.** Рассказывайте людям, которым доверяете, о ваших опасениях и самочувствии.
- ▶ **Свяжитесь со своим доктором, если стресс нарушает ваш** ежедневный распорядок дня.



PO Box 1215, New York, NY 10113

Non Profit Org
U.S. Postage
PAID
New York, NY
Permit #3686

The Claims Conference wants to be in touch with you during these challenging times. Inside our new health and wellness issue, **L'Chaim**, you will find important information, in English and Russian, including:

- ▶ A Letter from the Claims Conference Leadership
- ▶ "Social Distance Doesn't Mean Social Isolation"
- ▶ "At Home: Stay Healthy and Fit"
- ▶ "How To Protect Yourself and Others"
- ▶ Contact Information for Survivor Assistance programs around the U.S. and Canada

THE HEALTH AND WELLNESS NEWSLETTER OF THE CLAIMS CONFERENCE

