

מעלה אדומים  
עיר של הצלחות



The School Psychology  
Services of Ma'ale Adumim  
Present:



# Navigating the Coronavirus

To the residents of Ma'ale Adumim,

At this time our community, our city, our country and the world at large are facing the spread of the novel coronavirus (COVID-19). This epidemic poses significant challenges for each one of us on a personal level and affects various areas of our lives. On one hand, we need to protect ourselves and our families, and to take steps to slow down the spread of the virus; on the other hand, we strive to continue our routines as much as possible. Balancing these competing needs is a significant challenge.

For some guidance during these difficult times, the School Psychological Services of Ma'ale Adumim has consolidated various sources of reliable information, along with advice and coping strategies.

One of the main hardships during this time period is coping with uncertainty; which may lead to a feeling of 'losing control'. This uncertainty may not only impair our ability to function but may also induce a variety of emotions including stress, worry, and anxiety.


During a situation of uncertainty, access to information may be calming. However, when inundated with information from unreliable sources the confusion is exacerbated.

**So who should we listen to?** In order to understand what Coronavirus is and what we do about it, it is important to rely on trusted sources. Here are some reliable, regularly updated sources of **Information in English:**

## For Adults:

- ✓ [An explanatory video](#)
- ✓ [A Ministry of Health English language website](#): consolidating essential information and updated guidelines
- ✓ [Official Press Releases](#)
- ✓ [Parent guidelines from the Ministry of Education](#): Dealing with children's concerns about the virus

## For Children:

- ✓ [BrainPOP's website](#) has an educational movie and other great materials on coping in a healthy way
- ✓ [A child-friendly booklet](#) from Mindheart to get-to-know and cope with the virus 

## **Who should we not listen to?**

When receiving information from social networks it is important to verify the source and whether or not it appears in other trusted sources (see left).

If something looks suspicious – erase it – and become a part of *the national fight against the spread of Fake News.*

In order to instil a sense of order, we suggest preparing daily schedules that include specified times for checking public updates and public service announcements. The rest of the day should focus on building routine and allocating quality family time together – through educational and physical activities, along with other positive distractions. Refer to [this \(Hebrew\) daily planner](#) for an idea of how to schedule your day.

**Best wishes for health – of body and mind,**

**The School Psychology Services of Ma'ale Adumim**

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## COVID-19 Outbreak and Home Isolation:

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Clalit \*2700  
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Meuhedet \*3833  
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