



5 Tips for Older Adults to Maintain Quality of Life during the Corona Pandemic



Follow instructions! They are designed to keep you and your loved ones safe



Maintain an active lifestyle in your home



Keep in touch with family, friends, and acquaintances



Utilize technology as much as possible (for shopping, payments, staying in touch with people, leisure activities etc.)



Watch the news in moderation, and only from official sources

**We wish all people in Israel and in the communities around the world
a Happy Passover and a speedy return to normal**