March 18, 2020

Dear Students,

In light of the Ministry of Health’s most recent guidelines in response to the continued spread of COVID-19, there will be no reception hours in our offices until further notice. The Rothberg International School staff is available by email or phone to address any questions or concerns you may have.

The following are some useful links for your reference should you wish to contact us:

- **Staff Directory:** [https://overseas.huji.ac.il/welcome-to-the-hebrew-university-of-jerusalem/faculty/faculty/administrative-staff-directory/](https://overseas.huji.ac.il/welcome-to-the-hebrew-university-of-jerusalem/faculty/faculty/administrative-staff-directory/)

- **Office of Student Life Staff Directory:** [https://overseas.huji.ac.il/student-life/meet-us/](https://overseas.huji.ac.il/student-life/meet-us/)

Please note: as of March 18th, public transportation (buses, trains and light rail) will stop operating at 8pm each evening. Moreover, public transportation will no longer operate on weekends; it will stop on Thursday evening at 8pm and resume again the following Sunday morning.

Additionally, we would like to inform you of the most recent guidelines issued by Israel’s Ministry of Health (dated March 17, 2020):

1. Do not leave home except when **necessary** (to buy food or medicine, and to receive medical treatment and other essential activities).
2. Do not go to parks, playgrounds, the beach, pools, nature reserves, or other public spaces.
3. No extracurricular classes should be held at all, not even with a small number of participants, including sports clubs and gyms. This rule also applies to gatherings held in public and private settings. Groups of up to 5 individuals can engage in informal sport activities, as long as a distance of two meters is maintained between each participant.
4. Social engagement should be sustained via remote communication platforms, and you should avoid hosting friends and family who do not reside in your home.
5. At-risk populations: elderly and people of any age with severe chronic illnesses (prolonged respiratory conditions including asthma, autoimmune diseases, cardiovascular disease, diabetes, immune system disorders, malignant diseases, etc.) should avoid going out of the house and hosting people at home, except for essential services. The at-risk population should rely on friends and family to bring them supplies.
6. It is recommended to postpone all non-urgent dental care treatments and procedures.
7. Even when leaving the house in situations that are required (see section 1) – reduce contact between people and keep a distance of 2 meters.

8. Health services:
   If there is a health problem, it is advisable to use remote medical services and not physically visit the clinic if possible.
   If you feel that you are developing illness, fever, with or without respiratory symptoms, you should go into home isolation and avoid contact with family members. Fever should be measured twice a day.
   If you are concerned - Contact MDA by dialing 101 from your phone. In the case of a fever, you should remain in isolation until two days after the fever has subsided. The rest of the family/roommates will only be required to enter self-quarantine in the case of a Coronavirus diagnosis.

Additional rules of behavior:

- Avoid physical contact, including hugs and handshakes
- Avoid using the palm of your hand when opening doors
- Avoid touching your face
- Wash hands frequently
- Maximize ventilation of the house
- Disinfect handles and doors
- Avoid kissing mezuzahs and other sacred objects
- Avoid smoking cigarettes, e-cigarettes or hookahs - this is an excellent opportunity to stop smoking!
- Avoid using one shared utensil for eating and avoiding sharing foods
- Maintain healthy nutrition and exercise regularly
- The elevator should be used with only one passenger or without proximity to other people.
- Avoid the use of public transportation as much as possible
- Shipping services and food deliveries should only be delivered to your doorstep

We recognize that this may be a very challenging and stressful situation for you, and that the uncertainty imposed by the Coronavirus is unsettling. Please know that we are here to help, and don’t hesitate to contact us with any questions or concerns you may have. Our Office of Student Life is here to support you 24/7 (Madrich on-call: 054-882-0217) and we encourage you to contact us with any questions or concerns you may be experiencing, or any logistical needs you may have.

Follow our Facebook page https://www.facebook.com/StudentLifeRIS/ for more info and some fun virtual activities!
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