



3/25/20

Guidelines for Attending the Mikveh

Dear Community Members,

As the COVID-19 pandemic continues to evolve, many questions have risen about the use of the Mikveh during this time. Several community doctors and Rabbis have come up with the following guidelines with the hopes of preserving the holiness of Family Purity, while at the same time protecting the health of our community members and the public.

We would like to preface these guidelines by iterating that the act of immersing in a Mikveh is safe as long as they are properly operated, maintained and disinfected. According to the CDC, "There is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools and hot tubs should remove or inactivate the virus that causes COVID-19." Mikveh Moshe follows these safety guidelines.

Please note that these guidelines are based on what is currently known. Updates to the guidelines will be communicated as necessary.

Those Who Are Sick May Not Attend The Mikveh

You MAY NOT attend the Mikveh if you fall into any of the following categories:

1. You tested positive for COVID-19.
2. You were tested for COVID-19 but results are not back yet.
3. You live with someone who tested positive for COVID-19.
4. You have any of the following symptoms: fever, cough, sore throat, diarrhea, loss of smell, or any other signs of a flu-like illness (i.e. runny nose, congestion, body aches, fatigue).
5. Someone in your household is sick with fever, cough, runny nose, sore throat, diarrhea, loss of smell, or body aches but has not been tested for COVID-19.
6. You have been told by your healthcare provider to quarantine or isolate yourself.

You may return to the Mikveh if 14 days have passed since all symptoms have resolved AND 10 days without fever. If you have any questions about this, please contact your healthcare provider and Rabbi prior to attending the Mikveh.

Mikveh For The Immunosuppressed

If you have been told by your healthcare provider that you are at a higher risk for complications (chronic medical problems, immunosuppressed, chemotherapy, etc.), and you wish to attend the Mikveh, please contact Rika Aziz 5168508770 before making an appointment.

Mikveh For Those Who are Healthy

If you do not fall into one of the above categories, you may attend the Mikveh. We ask that you adhere to the following guidelines:

- Please use our online MikvahCloud system to make your appointment. www.MikvahCloud.com
- All preparations must be done at home including the final shower
- Please bring your own towel or robe

Mikveh Protocols

The Mikveh attendants check everyone's temperature prior to entry into the Mikveh. Anyone with a temperature of 100.3 or higher will be denied entry.

The Mikveh attendants will ask a series of questions to every lady. Mikveh attendants reserve the right to refuse entry to anyone who is not feeling well, regardless of alleged medical clearance. All cold and flu like illnesses are assumed high risk in these circumstances. There will be no exceptions.

Please note that Mikveh Moshe is taking extra precautions to ensure that proper hygienic standards are met per the CDC and Department of Health.

- Preparation rooms and ALL surfaces including counters, toilets, baths and handrails will be disinfected between uses
- Chlorine, bromine and pH levels will be monitored regularly and will be maintained at the proper levels according to recommendations by the CDC.
- Mikveh attendants will wear gloves and a mask. Mikveh attendants will change gloves between each lady who attends.

Again, we cannot stress enough the importance of staying home if you feel ill or fall under any of the categories mentioned earlier. The health of our community is of utmost importance.

We hope that you find the guidance helpful. If you have any questions, please contact Rika Aziz at 5168508770 or any member of the Mikveh board.

Wishing you the best of health.

Sincerely,

The Mikveh Board