

# Mikveh Bess Israel User Guide

## Requirements for Mikveh Visit and Home Prep

- Good Health
- Appointment scheduled at minimum 48 hours in advance
- Successfully completing health screening questions
- A well fitting mask covering your nose and mouth (no valved masks please)
- Mikveh preparation must be done at home including the last shower (similar to a Friday night/holiday immersion)
- The Mikveh will provide a disposable comb, slippers, towel/robe (when barefoot, always stand on a towel)

## Appointment booking and health screening questionnaire

Mikveh appointments will be made at minimum 48 hours prior to attendance.

- Taharat Hamishpacha appointments will be booked through Aidy, phone or text.

When booking an appointment the Shomeret will ask you medical screening questions or send you a medical screening questionnaire (see below) and will follow up with you on the day of your appointment. Answers to screening questions will remain confidential. If there are any health concerns your case will be reviewed on a case by case basis.

## Entering the Mikveh building

- Each person entering the Mikveh building must pass a medical screening 1-2 days prior to coming into the building
- Each person entering the Mikveh building must wear a mask covering their nose and mouth the entire time in the building except during your immersion (no mask with valves, please)
- Each person entering the Mikveh building will take their temperature upon arrival (Should you have a temperature >100.4 degrees, you will be asked to return home)
- Each person entering the Mikveh building will use hand sanitizer for 20 seconds or wash their hands for 20 seconds
- All exhaust fans in the Mikveh building should be left on until everyone has left the building

## Immersion

- The Shomeret will stay at least 6 feet away and will not touch your back, neck nor will she remove hair from your back.
- Please remember to check yourself carefully in a mirror both at home and at the Mikveh before immersing.
- Please immerse one extra time before the normal immersions to get wet, in place of the usual shower at the Mikvah (similar to a Friday night/holiday immersion)

In the unfortunate situation that you cannot use our Mikvah, please consult your Rabbi.

Remember that everyone must follow these protocols carefully to protect the health of the Shomeret and attendees; thank you for your vigilance and compliance.

## Screening Questionnaire

1. Are you currently ill with any of these symptoms?
  - A. Fever or chills
  - B. Cough
  - C. Shortness of breath or difficulty breathing
  - D. Fatigue
  - E. Muscle or body aches
  - F. Headache
  - G. New loss of taste or smell
  - H. Sore throat
  - I. Congestion or runny nose
  - J. Nausea or vomiting
  - K. Diarrhea
  
2. Have you, a member of your immediate household, or close contact been diagnosed with COVID-19 within the last 14 days?
  
3. Over the last 14 days, have you, a member of your immediate household, or close contact been ill with any of these symptoms?
  - A. Fever or chills
  - B. Cough
  - C. Shortness of breath or difficulty breathing
  - D. Fatigue
  - E. Muscle or body aches
  - F. Headache
  - G. New loss of taste or smell
  - H. Sore throat
  - I. Congestion or runny nose
  - J. Nausea or vomiting
  - K. Diarrhea
  
4. Over the last 14 days, have you been out of the state of CT, traveled overseas, been on a commercial airplane; attended social or business gatherings; or been in quarantine?
  
5. Are you waiting for results of any COVID-19 tests?