

The Mikvah of New Rochelle: Message Updated October 22, 2020

Safety remains our top priority. Please read and follow the rules and guidelines below:

- The Mikvah of New Rochelle is open **advance** by appointment only. **We cannot accommodate walk-ins or same day scheduling.** All appointments must be scheduled in advance by texting Sandra Spingarn @914-646-4578. Scheduled times must be adhered to. Each woman is allotted a 15 minute appointment window.
- Only women who are symptom free may use the Mikvah.
- You will be asked the following questions before an appointment can be made, and will be asked the questions again upon your arrival and before you will be permitted to use the Mikvah:
- During the last 14 days, have you had contact with anyone who has lab-confirmed COVID-19, is under investigation for COVID-19, or is hospitalized or being treated at home for a respiratory or febrile illness?
- Have you had any of the following symptoms in the past 14 days?
 - Fever (99.5 or above) or chills
 - Unexplained cough, shortness of breath, or sore throat
 - Pneumonia/flu symptoms
 - Loss of smell or change in the sense of taste
 - Diarrhea
 - Tiredness, aches
- Anyone who answers “yes” to any of the above questions may not enter the Mikvah facility under any circumstances.
- You may not use the Mikvah if you are subject to a NYS mandated quarantine. This includes the 14-day quarantine mandated for travelers arriving from designated states or countries. (Consult the [NYS website](#) for the current list of states; click [here](#) for information on countries.) These rules apply even if you have tested negative for COVID-19. **You cannot “test out” of a mandated quarantine.**

Strict implementation of social distancing protocols are in place, ensuring no close human contact during the entire Mikvah visit.

- All preparations must be completed at home before coming to the Mikvah.
- One should take their temperature before coming to the Mikvah. Anyone with fever over 99.5 may not use the Mikvah.
- Upon arrival at the Mikvah parking lot, the user must call the Mikvah (914-740-7754) and will be notified when it is time to enter the building. **You must wear a mask to enter the facility.**
- To minimize contamination risk, all users should leave their pocketbooks and other unnecessary items at home or in their cars.

- Payment for Mikvah visits or Bedikah cloths should be done by venmo or by mail. No cash or credit card transactions will take place at the Mikvah.
- No showers or baths are permitted at the Mikvah under any circumstances. **You must bring your own towel.** The Mikvah will continue to provide individually-packaged, single-use, disposable slippers.
- All users must wash their hands thoroughly in the preparation room and check themselves prior to entering the Mikvah pool.
- Personal touch between the Mikvah Attendant and users is absolutely prohibited.
- No personal property is to remain at the Mikvah. Any property left at the Mikvah will be promptly discarded.
- Although not usually Halachically advised, during the current pandemic a woman should shower when arriving home.
- All users are strongly encouraged to wash their hands thoroughly with sanitizer before leaving the preparation room to return home. Users should not use sinks outside the preparation rooms.

The Mikvah has established protocols to ensure, to the best that we can, that attending the Mikvah continues to be a safe, secure and healthy experience:

- The Mikvah facility is thoroughly sanitized daily with special attention to all touch surfaces, door knobs, light switches, faucets and railings. Our preparation rooms will continue to be cleaned in between each use (sometimes multiple times in one 24-hour period) with a disinfecting cleanser and now with emphasis on any handheld items. Additionally, our common areas will continue to be thoroughly cleaned on a daily basis.
- All of the Mikvah pools are filtered daily and brominated. The virus cannot be transmitted in brominated water.
- Our cleaning staff and volunteers are aware of the importance of their attention to our ongoing protocols.
- All appointments are staggered and we will be allowing only one woman to enter the facility at a time. Each woman is allotted a 15 minute appointment window. We ask that no one linger after they have finished immersing.
- The makeup and hair drying room are closed.

We have and will continue to consult with medical professionals and other communal institutions.

We thank the staff of the Mikvah of New Rochelle for their incredible dedication and hard work, which have allowed the Mikvah to remain open for our community. We have tremendous hakarat hatov to our regular and volunteer attendants for their extraordinary efforts and commitment to making the Mikvah available to our families during this challenging time.

The Mikvah attendants are working with Rabbi Fink and will be following all the procedures (Halachic and practical) we are instituting. In order for our Mikvah to remain open, everyone must adhere to all of these guidelines or you will be putting others at risk. If you have questions, Rabbi Fink and Rebbetzin Axelrod are available to consult with you.

Thank you for partnering with us. We pray that these precautions will not only protect against the spread of any illness but will also be seen as a heartfelt prayer for the cure of all those who are ill and for the protection from any further illness to all.