

Recommendations for Sukkot 5781 from the BSCTT Health Committee

Dear BSCTT Family,

We are committed to your, your families' and our community's health and safety at all times. During this particularly challenging time of COVID-19, we are recommending steps that we believe will help protect anyone who visits you for a meal or kiddush in your sukkah and who is currently not in your household. We are not recommending whether you should host guests or visit others but we want to send out guidelines to ensure that we remain vigilant and safe during this challenging time.

Please see the below reminders:

General statement of recommendations

- Face coverings and physical distancing are still the cornerstone to protect oneself and others from COVID-19.
- A sukkah with full walls is not considered outdoors. Rabbis Antine and Cooper had sent out prior communications regarding modifications to sukkah walls that use string or a partial wall to effectively create an outdoor space.
- Before the High Holidays, we adopted policies that visitors from high risk areas with COVID-19 test positivity rates $\geq 10\%$ should be tested or quarantine before coming to shul. That policy still applies.

Symptom Checking

Please remember: If you attend minyan, make sure that neither you nor any member of your household has had any of these symptoms in the last 14 days and that you do not have any reason to believe that you or any member of your household has been exposed to COVID-19

- Cough
- Chills or shivers
- Body or muscle aches
- Shortness of Breath
- Loss of Smell/Taste
- Fever
- Temperature at or greater than 100 degrees Fahrenheit
- New fatigue
- Diarrhea
- Nausea
- Vomiting
- A red rash on your toes

Please also remember that if you have any of the following symptoms/conditions, you are considered at higher risk for COVID-19. Our Health Committee recommends that you speak with a physician before deciding to attend services in person.

- Type 1 or II diabetes
- Cancer
- Hypertension or heart disease
- Any immune or autoimmune disorder
(for example, rheumatoid arthritis, lupus, HIV/AIDs, Sjogren's disease, inflammatory bowel disease, psoriasis, multiple sclerosis)
- COPD, asthma, or other lung disease
- Chronic kidney diseases
- Liver disease
- Any condition that is treated with prednisone, corticosteroids or immune suppressing drugs
- Pregnancy
- Body Mass Index (BMI) $\geq 30\%$

Notification of Illness

An important method for limiting the spread of the coronavirus is through effective communication regarding exposure or illness. If an individual has attended minyan, class or any event on shul property and later develops symptoms or discovers that he/she has tested positive for the virus, it is of utmost importance that he/she immediately notify one of the Rabbis. The confidentiality of the individual will be maintained and anyone else who may have been put at risk will be notified. Given that social distancing and mask wearing will be strictly followed at shul, the risk of exposure is likely minimized. If an individual tests positive for or is diagnosed with COVID-19, his or her personal physician will determine when he/she can return to shul.

Distancing

- Distancing outdoors is important to prevent transmission of the novel coronavirus that causes the disease COVID-19.
- Tables should be placed to allow for 10-foot distancing at all times when masks are removed for eating/drinking. At other times, 8-foot distancing is sufficient.
- Arrange food and supplies to allow distancing.

Masks

- Adhere to Beth Shalom's policy for the type of masks that should be worn: masks with vents, bandanas, neck gaiters, buffs, or knitted face covers are not considered as effective in decreasing transmission of COVID-19.
- Everyone age 2 and older should wear a mask when not eating.
- Have extra disposable masks on hand, just in case.

Hand Hygiene

- For touch surfaces such as door handles, have disposable gloves available.
- Have hand sanitizer, regular soap and disposable paper towels available.
- Each household should take turns doing netilat yadayim at a trash can or receptacle outside.

Food Service and Clean Up

- Rather than a buffet, have a plan that does not require people to come inside for food or to pass food from one household to another.
- Plan on using disposable plates, cups, cutlery and tablecloths.
- Wear disposable gloves when bringing food from inside to place near another household's table. Two-arms lengths distance suffices for the brief time it takes to put down the food.
- When clearing food, wear disposable gloves. Place disposables in a trash can next to the sukkah.

We have done an excellent job as a community ensuring that we can safely celebrate the holidays together. We are in this together and to ensure that we all remain safe and can continue to celebrate together it is important that we stay vigilant. Thank you all and we wish everyone a healthy, safe, and fun chag.