



בית דין ד"ק ספרדים לונדון והמדינה  
Sephardi Beth Din

26<sup>th</sup> March 2020

## Mikveh Guidelines during the COVID-19 Pandemic

Dear Community Members

The COVID-19 pandemic presents before us many challenges within all areas of our daily living. Our primary consideration when dealing with these challenges is to secure our personal health and that of all around us. The Mikveh is no exception to this, and when a woman is obligated to attend the Mikveh we must ensure that we follow the strict guidelines issued by the health authorities.

Health authorities worldwide have advised that immersing in a Mikveh is safe, provided that the Mikveh is properly operated, maintained and disinfected. Included in this is the proper maintenance of the chlorine/bromine levels in the Mikveh pool, cleaning and disinfection of all areas of the Mikveh, and separation between all those attending the Mikveh.

We recommend contacting the Mikveh you wish to attend in advance

1. To ensure that they are following the guidelines of the local health authorities
2. To make enquiries in case they have any specific guidelines for those attending the Mikveh,
3. To schedule a specific time for attending the Mikveh which would minimize contact with other women attending.

The following are non negotiable guidelines for attending a Mikveh:

1. Do not attend the Mikveh if you have any symptoms of cough or fever. If you are unsure please look on the NHS website <https://111.nhs.uk/covid-19>



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2. Do not attend the mikveh if you know that you have been exposed to someone with coronavirus.
3. Do not attend the mikve if you are in quarantine with someone who is self isolating due to suspected coronavirus, (why this ??Please contact your rabbi for guidance in such a situation.)
4. All preparations for the Mikveh should be done at home. Please bring your own towel, robe, slippers, and anything you might need from home.
5. Maintain safe distances from the Mikveh staff and any other women who attend the Mikveh.
4. Minimize the time in the Mikveh. You may shower at home following the Mikveh.

These are general guidelines. Please contact the Mikveh for any specific guidelines they have. If you have any questions, please consult with your rabbi and/or doctor. Please feel free to contact the Beth Din as well:

[bethdin@sephardi.org.uk](mailto:bethdin@sephardi.org.uk)

Wishing us all good health!  
Rabbi Joseph Dweck – Senior Rabbi  
Dayan Abraham David – Rosh Beth Din  
Dayan Ofer Livnat  
Dayan Avraham Dadoun