

## CONGREGATION BETH ADONAI COVID-19 GUIDELINES

(updated 10/11/2021)

*Note: With the emergence of a new strain of COVID-19 that is more virulent and more easily transmitted than the previous strains, we have taken the opportunity to revise our guidelines, which are stated below and effective immediately. These guidelines will be adjusted/changed/modified as necessary based on how this virus continues to progress in the US.*

- **Professional Sanitizing and Disinfecting:** Congregation Beth Adonai understands the need for a safe and comfortable worship environment, and therefore has contracted with Enviro-Master to have the entire synagogue facility sanitized and disinfected on a weekly basis prior to our Shabbat service on Saturday. Additional sanitizing and disinfecting will be performed, as needed.
- **Air Filtration:** We have now installed MERV 13-rated air filters from Filterbuy ([filterbuy.com](https://www.filterbuy.com)) in all of our buildings. Filters carrying this rating have the most filtering power available and the capability to filter airborne particles down to .3 microns in size. They block 98% of airborne particles, including pollen, bacteria, mold, dust mites, and airborne viruses.
- **Handwashing:** Handwashing is the first line of defense. More information on the proper way to wash your hands is attached.
- **Hand Sanitizer:** Hand sanitizer is available at the greeting table. Please let the greeters on duty know if the bottles are empty or if more is needed. We recommend that everyone use sanitizer upon arrival and as needed while in the synagogue. (Additional details on how to properly use hand sanitizer is attached.)
- **Distancing:** Please continue to maintain an appropriate distance between your family and others that you do not live with, both when seated in the synagogue and when carrying on conversations. Recommended distance is 3-6 feet.
- **Davidic Dance Worship:** We love worshipping the Lord through song and dance and plan to keep dance as part of our service; however, for now we ask that all dancers practice “safe distancing” from other dancers and avoid holding hands.
- **Masks:** While not required, masks are encouraged, especially if you have health issues that increase your risk of infection. Even if you do not have health issues, many of our members appreciate it when others wear masks, and a sizeable number of members who have been virtual since March 2020 have indicated that they would feel comfortable returning if more people were masked during service.
- **Health Checklist:** If you are ill, have a fever or a persistent cough, please stay home and join our service virtually at [live.bethadonai.com](https://live.bethadonai.com) (can be accessed through Realm), [YouTube.com](https://www.youtube.com) (search for Congregation Beth Adonai), or Facebook live (Congregation Beth Adonai’s page). Below is a good checklist to determine whether you should stay home:
  - If you have COVID-19 or are currently required to quarantine or isolate in accordance with local law as it pertains to COVID-19.
  - If you have had one or more of the following signs or symptoms of COVID-19 within the previous 48 hours:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache

- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Have been exposed to someone (family, friend, co-worker, customer, etc.) with suspected or confirmed COVID-19, or symptoms of COVID-19, within the previous 14 days.

If you have any of the above and cannot explain the symptoms by known allergies or non-infectious illnesses, then you should **not** attend in-person services that day. While typically during the long cold and flu season many of us have a tendency to "push through" our symptoms or mask them with medications so that we can show up and serve our communities, **now is not a good time to continue this habit.** If you are to serve in volunteer position, please reach out to your ministry leader ASAP to find a replacement. If you are a ministry leader, please make sure you have a back-up who understands how your role performs. Any child in the nursery must be screened for illness before entering the nursery—both during service and in the afternoons when the younger kids like to hang out in the nursery.

- **Hugs and Public Displays of Affection:** Although we are a very affection group and love to hug one another, shake hands, and even greet one another with a kiss, we ask that you please refrain from doing so until things get back to a more "normal" state. Wishing someone "Shabbat Shalom" can be done verbally or with a nod of the head.
- **Bimah Exchanges:** We ask that everyone who either approaches or leaves the *bimah* be diligent about keeping an appropriate distance from others who are on stage. The person who is leaving the *bimah* should step away from it, thus freeing up the space immediately adjacent to the *bimah* for the person who is approaching.
- **Socializing:** We know that many of you enjoy socializing with one another after service, but ask that until such time as we return to in-person afternoon classes you move your post-service socializing outdoors so that the building can be cleaned and locked up quickly, allowing those who are enrolled in a *Torah* class to leave in sufficient time to grab lunch and join the afternoon class.
- **Traditions:** While we have a lot of traditions that we love, we ask that during this time you use alternate means for acts such as kissing the *Torah* or a *mezuzah* to show honor and respect.
- **Practice Good Respiratory Health:** Cover your mouth and nose when coughing or sneezing. Usually we say to cough into your elbow, but with this virus please cough into a tissue and then throw it away. If tissue paper is not available, then use your elbow.
- **Surface Contact:** Keep your hands off your face (and anybody else's). Do not put your fingers in your mouth, on your lips, or in your eyes. Surface contact works like this: you touch something dirty. Maybe it's an elevator button. Virus sticks to your hands. Then you rub your eye. Then you touch your sandwich and put the sandwich in your mouth; now there is virus in your eyes and mouth.

Additional information about COVID-19 and the family of viruses known as Coronaviruses is attached.

*WE SINCERELY THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING DURING THIS TIME,  
– CBA LEADERSHIP*

## More about COVID-19 and Coronaviruses



Coronaviruses are a family of viruses that typically cause mild colds. We see them year-round, although like all cold/cough viruses, more in the winter.

COVID-19 is a novel strain of Coronavirus, which means it's something our immune systems have never seen before.

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or

mouth that are spread when a person with COVID-19 coughs or exhales. **Droplets spread the virus.** These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose, or mouth. The virus doesn't survive well outside of the body—they usually can't last longer than 24 hours outside of the body and usually only last less than 12.

Studies to date suggest the virus that causes COVID-19 is mainly transmitted through direct contact with respiratory droplets rather than through the air. The good news is it appears since children are exposed to so many other viruses in the same family on a regular basis, they do seem to have some cross-immunity to this strain. However, it is dangerous for older adults and those with pre-existing lung conditions, so we need to be extra careful to protect those in our community from exposure.

Like other coronaviruses, COVID-19 will cause cold/cough symptoms, likely with a mild fever. Like other viruses, there is no treatment besides symptomatic care. Stay hydrated and comfortable. Like other viruses, there is a greater concern for the elderly and those with compromised immune systems.

The virus has spread throughout most of the world, including the metro Atlanta area. The newer strains are proving to be incredibly contagious, and we would need only one person to have the disease for it to spread throughout our community.

**If you have been in close contact with a person who has COVID-19, you need to quarantine yourself.**

Close contact is defined as being within approximately 6 feet of a COVID-19 case for more than 15 minutes.

**If you have traveled internationally, we ask that you attend services virtually until 14 days have passed from your arrival home.** Concerning all your other activities, you need to use your wisdom and discernment and also follow the directives of your place of employment.

The good news is that most people who are infected experience no symptoms to very mild symptoms (similar to a common cold or flu) and vaccines are now available. The bad news is that, as a respiratory infection, it is highly contagious.

People over the age of 80 or those with preexisting respiratory or immune conditions are at higher risk, and when infected are more likely to develop pneumonia, requiring hospitalization or intensive care. The mortality rate for infected patients over the age of 80 is 14-18%. As we have elderly congregants and individuals with compromised respiratory and immune conditions, and as we gather together in

shared spaces every Shabbat, we are implementing these guidelines to protect our congregants from illness.

### **Handwashing**

The best defense against respiratory viruses is frequent handwashing with soap and water, but studies show that only 5% of people do it properly.

“Coronavirus is an ‘enveloped’ virus, which means that it has an outer lipid membrane layer,” an outer layer of fat. “Washing your hands with soap and water has the ability to ‘dissolve’ this greasy fatty layer and kill the virus” (source Karen Flemming Scientist & Professor @ Johns Hopkins Feb 28th tweet).

Please wash your hands with SOAP anytime you use the bathroom, before eating, after contact with bodily secretions, after coughing or sneezing, and after touching used tissue paper. Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### **Hand Sanitizer**

We will have hand sanitizer available for you to use—MORE IS NOT BETTER. Please only take a small amount to work into your hands. Note, however, that hand sanitizers may not be as effective when hands are visibly dirty or greasy.

How to use hand sanitizer:

- Apply the gel product to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.