



BETH ADONAI COVID-19 GUIDELINES

Note: These will be adjusted/changed/modified as necessary based on how this virus progresses in the US

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. That 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 which 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.

As of today, the virus has now been identified in the Atlanta area. Both the CDC and the World Health Organization believe that the risk of contracting the virus is relatively low; however, the virus is incredibly contagious, and we would need only one person to have the disease for it to spread throughout our community.

Going forward, **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 in even better news, Israeli and American researchers are rapidly approaching a working vaccine.

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 the following guidelines to protect our congregants from illness:

Prior to services, we will be disinfecting tables, chairs, and surfaces using a regular household cleaning spray and/or wipes. As this progresses, we will continue to monitor and adjust our practices accordingly. Additionally, it might be necessary to assemble a “wipe-down” crew to help with this task.

1. **Hand-washing is the first line of defense.**

The best defense against respiratory viruses is frequent hand-washing 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.

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. However, 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.

While we have many traditions, we ask that congregants be mindful of shaking hands, hugging, or kissing one another. Wishing someone "Shabbat Shalom" can be done verbally or with a nod of the head. People should not be offended when other congregants refrain from shaking hands or giving hugs. We also ask that you use alternate means for acts such as kissing the Torah or a mezuzah to show honor and respect.

2. 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 cough into a tissue and then throw it away. If tissue paper is not available, then use your elbow.

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.

2. Do NOT go to synagogue when you're sick. 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 they enter the nursery. This includes the afternoon when the younger kids like to hang out in the nursery.

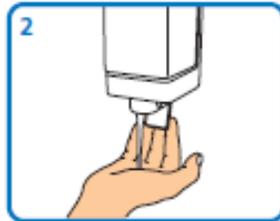
3. Attend services via live streaming at <http://bethadonai.sermon.net/> or on Facebook. If you are sick or under the weather, you can attend via live streaming.

THANK YOU FOR YOUR COOPERATION – CBA LEADERSHIP

Hand-washing technique with soap and water



1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



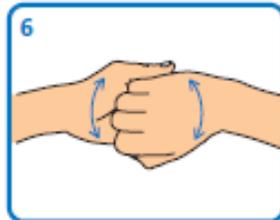
3
Rub hands palm to palm



4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



7
Rub each thumb clasped in opposite hand using a rotational movement



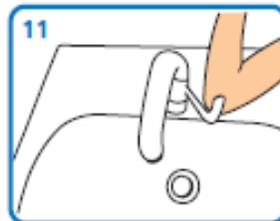
8
Rub tips of fingers in opposite palm in a circular motion



9
Rub each wrist with opposite hand



10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15–30 seconds