



Resources & Ideas

COVID-19 Resources

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Mikvah Guidance

Please find below a letter from Rabbi Joshua Heller by COVID-19. Thanks to Rabbis Pamela Barmash, official responsum of the CJLS.

We have received many questions about Mikvah u

Understanding normative practice regarding nidda possible to sanitize mikvaot in a way that prevents allow for safe immersion. Anyone supervising a mi a Mikvah should only do so if they can be confiden

1. Infectious disease experts have confirmed (4-6ppm) are sufficient to deactivate virus. treatment may allow for lower chemical the filtration system.
2. Anyone entering the mikvah must be sc or has had a potential exposure within t
3. All preparation for mikvah must take pla
4. Dressing/prep room, and any surfaces t
5. Mikvah guide/attendant should keep so
not in the immersion room with immer

not in the immersion room with immersion should be suspended.

Though monthly immersion traditionally takes place doing so on the day following the evening when immersion longer hours are needed to allow for proper sanitization.

One may also immerse in a lake, ocean, or spring.

In some communities, in which immersion may be difficult, has offered several possible approaches.

One suggests abstinence, but with the removal of support which do not lead to intercourse.

There is also an approach to niddah and mikvah immersion on the 7th day after the start of her period, should be preferable if she can immerse her head and hair, eyes, and body completely at the same time.

For this emergency only, if she lacks a bathtub, or hot water, approximately 11.25 gallons of water*. For use applicable only for this emergency.

The Israeli Va'ad Halakhah takes a different point of view. should refrain from the mitzvot of "be fruitful and multiply" at this time, it is possible to be lenient in harhakot such as not to immerse in a mikvah for three months or longer, if the mikvah contains 40 seah of water and therefore not to deplete it.

Consult your rabbi for advice.

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