

Clarifying Laws of Nidda & Mikveh

As the COVID-19 pandemic continues to evolve, many questions have risen about the use of the Mikveh during this time.

The doctors have already written out important guidelines of how to safely dip in the mikveh, and continue to stress the importance of adhering to all those guidelines for your own safety and others' safety.

While our doctors have assured us that there is no danger attending any mikveh that is carefully following the medical guidelines, for someone who doesn't have a kosher mikveh keeping to these protocols that is available, we'd like to outline other options that may or may not be permitted in this current situation.

Ocean

One may dip in the ocean while adhering to the below conditions and precautions

- Note that in the present situations dipping at dark may cause unnecessary dangers.
- Dip on 7th night at sunset and preferably before nightfall (to avoid danger), OR on the 8th day any time (not on the 7th day).
- Make sure someone (spouse or female friend) is watching to make sure entire body is dipped in the water, and within arm's distance for safety.
- Dip with a loose shirt on
- Dip away from other people
- Be careful of riptides. Areas such as Manhattan Beach are preferable where the water is generally calm.
- If you are experiencing any COVID-19 symptoms do NOT go to the ocean. You may consult with your doctor for further clarification.

Pushing Off

One may decide not to go to the mikveh considering the current situation and push off their dipping until the situation clears or until they feel more comfortable going to the mikveh or ocean.

- All *harhakot* (separation laws) between the husband and wife still apply until the woman immerses in the mikveh.

No Bathtub

Women may NOT dip in a bathtub, pool or jacuzzi in place of their mikveh dipping.

We adhere to the words of HaRambam and Maran R. Yosef Karo (Shulchan Aruch) that drawn waters are forbidden to dip in.

We hope that you find the guidance helpful.

If you have any questions, please consult your local Rabbi.

Wishing you the best of health,

Rabbi Shimon Alouf

Rabbi Harold Sutton