

Checklist for Women Immersing

On the Day of Planned Immersion

- Call** ahead or book an appointment online.
- Call** your mikveh and confirm: how have you been treating, filtering, and changing the water? What is your protocol for disinfecting the surfaces at the mikveh?
- Perform** all your preparations at home.
- Pack** a towel or robe from home in a disposable bag.
- Shower**, look yourself over, and comb your hair right before leaving the house.

At the Mikveh

- Undress** and place clothing in your disposable bag.
- Inspect** yourself in the mirror.
- Maintain** 2 meters distance from mikveh attendant and anyone else on premises.

Be”H, the pandemic will pass and we’ll be able to return to our normal mikveh practices soon!