

# BIM Health Policy

Updated 2023-02-06

This Health Policy follows a fundamental guiding principle of our community: “Caring for Others”. This policy clarifies how people should behave in Shul when illness strikes, how to maximize people's ability to attend Shul, and how to minimize risk of infecting others.

## If a person has symptoms without a diagnosis

**Symptoms:** Fever, heavy cough

**1. Action To Take:** Please remain home.

**Symptoms:** A dramatically improved cough, sneezing, sniffing (unrelated to allergies)

**2.A Action To Take:** Wear a **snug, well fitted** mask. If unable to wear a mask properly, please remain home.

**2.B Action To Take:** Do not approach the buffet table at kiddush, but rather ask someone to fill a plate for them.

## If a person has an upper respiratory diagnosis

**COVID** - If a person tests positive for COVID, Day 0 is the first day of symptoms or day of positive test. They should remain home until they get a negative antigen test after Day 5. (Before Day 5, two negative antigen tests 24 hours apart suffices.)

If a person has a known long-duration exposure to a positive case of COVID, defined as at-home, close contact at work, or lengthy socializing in Shul or at a meal, they should wear a snug, properly fitted mask through Day 5, but do not need to test.

**Flu/RSV** - If a person is diagnosed with the flu or RSV, they should remain home for at least 3 days, until their symptoms dramatically improve. When they return, they should wear a well-fitted mask for 5 days, and be sure to wash their hands with soap before kiddush.

## If a person has a bacterial infection

If a person has a bacterial infection - ie, strep throat, pink eye, etc - they should remain home until they have been on antibiotics for at least 24 hours. When they return to Shul they should be sure to wash their hands with soap before kiddush.

## Allergens

People are asked to be sparing with their perfumes, colognes, etc, as we have members with severe allergies to scents.