

OHEF SHOLOM TEMPLE		Policy and Procedure
Name of Policy:	COVID-19 Policy	
Policy Number:		
Department:	Board	
Purpose:	To protect the health, the wellness and reduce possible transmission of disease to the congregation, clergy and staff during a COVID-19 pandemic	
Effective Date:	February 18, 2021	
Last Revision Date:	January 13, 2021, March 31, 2021, May 18, 2021, June 7, 2021, July 15, 2021, July 31, 2021, October 13, 2021, November 15, 2021, January 6, 2022, March 2, 2022, May 1, 2022	

	<hr style="width: 80%; margin: 0 auto;"/> President
	<hr style="width: 80%; margin: 0 auto;"/> Secretary

Definitions:	<p>Booster dose or Boosted – a subsequent dose of vaccine administered to enhance or restore protection by the primary vaccination which might have waned over time; Boosted refers to having received a Booster dose.</p> <p>COVID-19 – an acute respiratory illness in humans caused by a novel coronavirus, capable of producing severe symptoms and in some cases death, especially in older people and those with underlying health conditions.</p> <p>Daily Monitoring – Any COVID-19 symptoms, should they occur, should be recorded in the <i>VDH Daily Monitoring Log (Appendix A)</i>.</p> <p>Fully vaccinated – a person is “fully vaccinated” if the person’s vaccination status is described on the left side of the table contained in Appendix B.</p> <p>Primary series – a 2-dose series of an mRNA COVID-19 vaccine (Pfizer-BioNTech and Moderna) or a single dose of Janssen (Johnson & Johnson a/k/a J&J) vaccine.</p> <p>Private event – an event (whether a religious service, a social event or a business meeting) for which attendance is limited only to those invited to it, rather than being open to the entire congregation.</p> <p>Public Authority - a federal, Virginia or local public executive official, administrative agency or governing body with the power to issue public health guidelines or orders, and if empowered to issue such orders, whose orders are enforceable against religious congregations located in the City of Norfolk, Virginia, or would be enforceable but for a judicially declared exemption.</p>
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	<p>Public Health Orders – “Public Health Orders” shall mean (a) State Health Commissioner Order of Public Health Emergency and Statewide Requirement to Wear Masks in K-12 Schools, issued August 12, 2021, (b) CDC Guidance for COVID-19 Prevention in K-12 Schools, issued July 9, 2021, and (c) CDC Guidance for COVID-19, updated on the CDC website as of December 27, 2021.</p> <p>Social Distancing – “Social distancing” shall have the same meaning as the term “physical distancing,” used in Governor Northam’s Executive Order Number 72, as amended through the amended date of this Policy and Procedure.</p>
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<p>Policy:</p>	<p>These Policies and Procedures shall apply upon adoption, and shall continue in effect so long as a Public Authority has declared that a COVID-19 epidemic or pandemic exists or a declared state of emergency or a public health emergency exists and is continuing due to a COVID-19 epidemic or pandemic, or even thereafter, if the Congregation’s Board of Directors or Executive Committee has determined that it is prudent for these Policies and Procedures to continue in effect. The Congregation shall comply with all applicable orders of any Public Authority governing the conduct and operations of religious institutions or other comparable businesses, public schools and nonprofits, without regard to any judicially declared exemption therefrom for religious institutions. In addition, the Board delegates: (a) to the Executive Committee the authority to modify this Policy and Procedure if made necessary or desirable by changing facts or circumstances arising between Board meetings, and (b) in the event of an exposure to COVID-19 occurring at the Temple Building, to the President and the Executive Director to act (preferably in consultation with the COVID-19 Policy Workgroup), in accordance with the letter and spirit of this Policy and Procedure.</p> <p><u>NOTE: After the Executive Committee and Board of Directors largely suspended this Policy and Procedure effective noon, April 16, 2022, a subsequent increase in the number of COVID-19 cases among congregants and exposure incidents occurring in the Temple building resulted in the determination that the reinstatement of portions of this Policy and Procedure was warranted. Those portions not reinstated remain suspended, and are shown below as stricken out; all other portions are once again in effect.</u></p> <p>Entering the Temple Building</p> <p>Anyone with a temperature of 100.4°, who feels ill, or who knows they have been exposed to COVID-19, should stay home and not enter the Temple building. Temple policy mandates that when entering the building or attending any OST-sponsored event whether in or outside of the building, anyone (except children under age 2) who is not fully vaccinated and (to the extent eligible) boosted must wear a mask over the mouth and nose. This rule applies to all activities including Soup Kitchen, NEST and any facility rentals.</p> <p>All paid OST employees and volunteers must be “fully vaccinated” (as described in left column of the table in Appendix B). Employees are required to provide evidence of their vaccination status.</p> <p>Sign-in requirements are reinstated to facilitate contact tracing of persons believed to have been in “close contact” (i.e., within six feet for at least 15 minutes within a 24</p>
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hour period) to a COVID-19 positive person. Temple staff and private duty police shall instruct everyone to sign in.

Quarantine Requirements

1. Anyone who knows they have been exposed to COVID-19 must adhere to the following guidelines before entering the Temple building or participating in any Congregational in-person activity:
 - 1.1. Because of the contagiousness of COVID-19, even if you are fully vaccinated, you still must follow the current CDC guidelines for quarantining (**See table in Appendix B for summary**) (understanding that under CDC guidelines, a fully vaccinated and asymptomatic person may not need to quarantine).
 - 1.2. If a Hebrew or Religious School student, faculty or staff member tests positive for COVID-19, then the Executive Director and Director of Religious School jointly shall, by e-mail, immediately notify the parents of all students who attended the same Sunday as the infected person of the exposure risk, and recommend that they (a) consult their child's pediatrician for advice and (b) get COVID-19 PCR or antigen tests (i) on the fifth (5th) day after that Sunday and (ii) again not more than three (3) days before returning to Hebrew or Religious School. The notice to parents should specify in which class the student is enrolled, but not name the infected student.
 - 1.3. Anyone who tests positive for COVID-19 after having been in the Temple within the preceding five (5) days shall immediately notify the Temple's Executive Director of their positive test. The Executive Director shall explain that persons who were close contacts of the COVID-19 positive person while at the Temple will receive an e-mail from the Executive Director and Temple President advising that on [insert date], while at the Temple, they may have been exposed to COVID-19, and thus they should follow CDC and VDH guidelines in deciding whether to get tested for COVID-19 and to quarantine. The Executive Director shall also explain to the COVID-19 positive person that their name will not be mentioned in the e-mail, but shall request permission to disclose their name if a potentially exposed person calls the Executive Director to ask who was infected, so that they can determine whether they actually were exposed to COVID-19.
2. Either a negative PCR test or a negative antigen test will be accepted as proof that someone who has been exposed to COVID-19 is not, or is no longer, infected.
3. If a Public Authority adopts stricter quarantine requirements than those herein, then such stricter quarantine requirements shall apply and supersede this Policy and Procedure.

Guidelines for Returning to Temple after a Positive COVID-19 Test

Anyone testing positive for COVID-19 may not enter the building or attend any outdoor lifecycle event without providing evidence of a subsequent negative COVID-19 PCR or antigen test to the Temple Office.

Restrictions Applicable to Attending Religious Services at the Temple

~~These restrictions shall be superseded by any stricter restrictions subsequently imposed by any Public Authority.~~

- ~~1. All persons attending Friday Night Shabbat services must be fully vaccinated to the maximum extent medically eligible.~~
- ~~2. No shared food or beverages shall be served in any religious service. Oneq Shabbats may resume, with prepackaged food items (individual portions only) available for consumption, either in or outside of the building. Tables, if set up, should provide socially distanced (3 feet) seating.~~
- ~~3. Maintenance staff shall conduct routine cleaning and disinfection of frequently-contacted surfaces prior to and following any religious service.~~
- ~~4. Any person age 2 or older who is (a) not fully vaccinated and (to the extent eligible) boosted and (b) expected to come onto the Bimah or otherwise appear in proximity to the Temple's clergy, whether elsewhere in the Temple Building or at a lifecycle event outside of the Temple Building, must remain fully masked, even while speaking. Each person who is expected to be in proximity to the clergy during the lifecycle event shall be notified of this specific policy, in writing, as far in advance of the lifecycle event as practical.~~

Guidelines for all Lifecycle events

~~In addition to the foregoing rules, the following rules must be adhered to for all lifecycle events:~~

- ~~1. Total number of persons in attendance (i.e., including clergy) may not exceed the current Virginia limit, **if any**, for indoor gatherings in the Hampton Roads region, without regard to whether such limit exempts religious services.~~
- ~~2. The Temple's masking rules then in effect will apply.~~
- ~~3. ALL attendees at the lifecycle event must abide by the strictest of any then-effective travel guidelines then issued by a Public Authority or under this Policy and Procedure.~~
- ~~4. Families hosting a lifecycle event (a) are obligated to advise all persons who are (i) not fully vaccinated and (to the extent eligible) boosted and (ii) expected to be on the Bimah or in proximity to the clergy of the Temple's policy that they must remain fully masked at all times, including while speaking, (b) shall provide the Executive Director a written list of the names of the people to~~

whom this policy will apply, and an affirmative statement that each one of them has been notified of this policy and has agreed to abide by it, and (c) shall share in responsibility for its enforcement.

Food and Beverage Service at the Temple

- ~~1. Food and beverages service in the Temple is limited to the circumstances permitted in Sections 2 and 3, below. The decision to resume food and beverages service under other circumstances is delegated to the President, Executive Director and, in the case of Oneg Shabbat, the Sisterhood President.~~
- ~~2. Notwithstanding Section 1, the Religious School may provide a bottle of water and an individually wrapped snack to its students, while seated in their classroom with a three (3) foot separation between them, during which time masked students may, of course, lower their mask while consuming their snack.~~
- ~~3. Notwithstanding Section 1, private events may use the kitchen and provide food service. The host is directed to inform all guests attending the private event of the Temple's current masking and social distancing policy, and to strongly encourage them to observe it whenever possible. Servers are required to wear facial masks and gloves and the host/member is responsible for all clean-up of the Temple facilities used.~~

Special Guidelines for Soup Kitchen

~~Soup Kitchen guests will be admitted through the Redgate Avenue door between the stage and the kitchen and go directly into Kaufman Hall, and then depart through the same door. Guests needing to use the restroom will be escorted to and from the family restroom by Soup Kitchen volunteers. Meals and beverages will be served in individual, disposable containers. Soup Kitchen guests shall stay masked except when eating or drinking.~~

Procedure:

Signs posted on the parking lot exterior doors shall state:

- **NO ONE** with a fever or any symptoms of COVID-19 is permitted to enter the building.
- **ALL** persons age 2 or older not fully vaccinated and (to the extent eligible) boosted must wear a mask over the mouth and nose.
- ~~**ALL** persons attending Friday Night Shabbat services must be fully vaccinated to the maximum extent medically eligible.~~

Other COVID-19 signage:

Above all sinks in the building (except mop sinks), post one of the two signs found at the following URL:

https://www.vdh.virginia.gov/content/uploads/sites/182/2020/06/BATHROOM_Birthday_Short.pdf or

https://www.vdh.virginia.gov/content/uploads/sites/182/2020/06/BATHROOM_Mens_healthy.pdf

	<p>If a person diagnosed with COVID-19 is determined to have been in the building and poses a risk of community transmission (while an event is still ongoing), we will dismiss attendees, advising attendees to consult and follow CDC Guidelines. Once all attendees have left, we will clean and disinfect all areas of the building where the individual was present before resuming activities. Such areas shall be closed to access until they can be properly cleaned and disinfected.</p> <p>The Temple will follow CDC Guidelines for cleaning and disinfecting, which includes procedures for cleaning after someone with COVID has been in the building - Interim Recommendations for U.S. Community Facilities with Suspected/Confirmed Coronavirus Disease 2019 (COVID-19) found at https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html.</p> <p>The Temple will notify local health officials if a person diagnosed with COVID-19 has been in the facility and communicate with staff, congregants and any attendees about potential exposure while maintaining confidentiality.</p> <p>Reopening Procedures</p> <p>In recognition that the Public Health Orders and CDC guidance are steadily evolving, procedures for reopening the Temple building will continue to be developed by the Executive Committee from time to time in keeping with this Policy and Procedure, Public Health Orders and CDC Guidance.</p>
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Related Policies:	
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Appendix A



VDH Daily Monitoring Log for COVID-19

Name: _____

Date of Birth: _____

The attached charts have been provided to assist with monitoring for Coronavirus Disease 2019 (COVID-19) for the 14 days since the last possible exposure to the virus that causes COVID-19. Please use these to record your temperature twice daily and any symptoms, should they occur. Measure your temperature twice a day (once in the morning and once in the evening) and record the temperatures on the log that you have been given. It is good to take your temperature at around the same times each morning and evening. Do not eat or drink anything for 30 minutes before taking your temperature, and do not take any fever-lowering medications (e.g., aspirin, Tylenol, ibuprofen, Aleve, etc.).

Not everyone with COVID-19 develops symptoms. If symptoms develop, they typically appear 2-14 days after exposure to the virus. People with COVID-19 who develop symptoms have reported a wide range of symptoms, ranging from very mild to severe. Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Not everyone with COVID-19 will have all symptoms and fever might not be present. For a full list of symptoms, please see www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

If you develop symptoms of COVID-19 (even if your symptoms are very mild), stay home, rest, and separate yourself from other people or animals in your home as much as possible. Most people sick with COVID-19 develop mild symptoms that get better without medical help. If you have symptoms and want to get tested for COVID-19, please call your healthcare provider. Your provider may collect samples to test you or help you to find sampling sites in your area. For more information, visit the VDH site [What to Do If You Have Confirmed or Suspected COVID-19](#).

If you are at a [higher risk of getting very sick with COVID-19](#) (e.g., older adults or people of any age with other health issues like chronic lung disease, heart disease, diabetes, cancer, or a weakened immune system) or if your illness is getting worse (e.g., difficulty breathing or persistent fever after using fever-reducing medication), call your healthcare provider.

- If possible, and if it is not a medical emergency, you should have a family member or a friend drive you in a private car. Do not take public transportation (such as a train, subway/metro, bus, taxi). Carry any paperwork (for example: fever chart and local health department contact information) with you so you can show them when you arrive at the emergency department.
- **If you become very ill and it is a medical emergency, call 9-1-1.** Tell the operator about your symptoms and if you have been exposed to someone sick with COVID-19 and let the ambulance crew know when they arrive.

You may wish to record contact information for your healthcare provider, the [health department](#), and a local emergency department for easy reference if you become ill or if you have questions.

- Local Health Department:
 - Name: _____
 - Phone Number: _____
- Healthcare Provider:
 - Name: _____
 - Phone Number: _____
- Local Emergency Department:
 - Name: _____
 - Phone Number: _____

Daily Monitoring Log for COVID-19

Please complete the table below, recording temperature and symptoms each day. For each symptom listed, indicate “Y” for “Yes” and “N” for “No”. Day 1, Day 2, etc. corresponds with the number of days since your last known exposure to the virus.

Name (Last, First): _____

Date of last potential exposure to the virus (day 0): _____ Date to complete monitoring (14 days following last potential exposure): _____

DATE	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Medications taken today?*	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, list:	_____	_____	_____	_____	_____	_____	_____
Temperature (morning)	_____°F						
Temperature (evening)	_____°F						
Felt feverish?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chills?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Rigors (shivering)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue (tiredness)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Congested or stuffy nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough (new cough or worsening of a chronic cough)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Wheezing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Difficulty breathing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea or vomiting?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Headache?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal (gut) pain or tenderness?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chest pain?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea (3 or more loose or looser stools in a 24-hour period)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of Appetite?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New smell disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New taste disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other Symptoms/Comments?	Y N	Y N	Y N	Y N	Y N	Y N	Y N

*List all medications taken today. Be sure to include fever-reducing medications (such as aspirin, ibuprofen, Tylenol, or acetaminophen) and steroids.

Notes/Comments:

APPENDIX B

You **do not need to quarantine** if you received the booster, received the 2-shot series in the last 6 months or the J&J vaccine within the last two months.

Exposure – Quarantine and Testing Protocol	<p>If you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, follow the quarantine protocols:</p> <p>If you: Have been boosted OR Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR Completed the primary series of J&J vaccine within the last 2 months</p> <ul style="list-style-type: none"> ● Wear a mask around others for 10 days. ● Test on day 5, if possible. ● If you develop symptoms get a test and stay home. <p><i>If you develop symptoms, continue to stay home until your fever resolves.</i></p>	<p>If you: Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR Completed the primary series of J&J over 2 months ago and are not boosted OR Are unvaccinated</p> <ul style="list-style-type: none"> ● Stay home for 5 days. After that continue to wear a mask around others for 5 additional days. ● If you can't quarantine you must wear a mask for 10 days. ● Test on day 5 if possible. <p><i>If you develop symptoms, get a test and stay home.</i></p>
Positive Test	<p>Everyone, regardless of vaccination status.</p> <ul style="list-style-type: none"> ● Stay home for 5 days. ● If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house. ● Continue to wear a mask around others for 5 additional days. ● If you have a fever, continue to stay home until your fever resolves. 	

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