

# The Berkeley Bayit Covid-19 Handbook

By joining The Berkeley Bayit you are joining a community dedicated to building a Jewish home. In doing so, you are committing to the idea of *pikuach nefesh*. You must look out for the health and welfare of fellow Bayit members as you would yourself. And you must do so with urgency and intensity. As the mishnah reminds us “One who saves one life, it is accounted as if a world is saved.” The purpose of this handbook is to help you in that endeavor and address the current health crisis. All of us must do our part to reduce the risk of Bayit members contracting or spreading Covid-19. Your actions will affect not just your own health but now affect **everyone** in the Bayit. By following these procedures you are not only protecting yourself but also protecting members of the Bayit community. You will also be setting an example!

In order for the Bayit to operate this year, Bayit members must agree to the concept that they are part of a **single family bubble**. That means you can not expect to socialize with others outside of the bubble including family, and significant others. If you feel you can not abide by that concept, we ask you to make another living arrangement.

If a Bayit member tests positive for Covid-19, they need to move out of the Bayit within 24-hours of receiving the positive test result. All Bayit members should have an emergency back-up plan in place and ready to implement in the event that they test positive.

Please note that this handbook is up to date as of August 10, 2020. Please see the Alameda County Department of Public Health, University Health Services, and CDC websites for updated information (links at end of the document).

## In-House Precautions

We are treating the Bayit as a family household, meaning that Bayit members may only interact with *each other* without social distancing and personal protective equipment. In other words, Bayit members may not have contact with anyone else except (1) outdoors, (2) more than 6 feet apart, and (3) while all involved are wearing face coverings that cover both nose and mouth. This means that these measures must apply when interacting with significant others, immediate family members, friends, and anyone else who does not live in the Bayit.

## Hand Washing

Wash your hands with soap and water for at least 20 seconds:

- Before, during, and after preparing food
- Before eating food

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## Food Handling

- Wash your hands frequently when preparing food
- Do not share drinks, eat off of others' plates, or share utensils with others without thoroughly washing them.
- Do not touch any bulk food items (e.g. cereal, dried fruits/nuts, etc.) with bare hands.
- If you're sick, request that food be brought to you (no contact delivery, food left outside the door) and do not go into the kitchen.

## Emergency Food Supply

In case of exposure, try to maintain a supply of 2 weeks of non-perishable food in the house, so that everyone can quarantine maximally in the worst case scenario.

Some ideas for what to stock up on:

- |                   |                   |                  |                  |
|-------------------|-------------------|------------------|------------------|
| ● lentils         | ● vegetable broth | ● pasta          | ● frozen veggies |
| ● quinoa          | ● potatoes        | ● peanut butter  | ● nuts and seeds |
| ● non-dairy milks | ● beans           | ● canned veggies | ● granola        |
| ● eggs            | ● dried fruit     | ● rice           | ● oats           |

## Cleaning (see CDC guidelines for cleaning)

Disinfect personal belongings frequently:

- Phones, computers, and other “high touch” items (we keep wipes for electronics in the cleaning supplies area) Be careful that the products you use won't damage your devices. Check the manufacturer's instructions if you aren't sure.
- Surfaces in your bedroom (e.g. desks/tables/counters, door knobs, light switches, kitchen/bath fixtures and appliances, etc.).
- Clothing worn outside/in public places
- Do not share personal items, clothing, bedding, etc. with others.

Clean high-touch surfaces daily with soap or disinfectant:

- Door handles, light switches, kettle handles, etc.
- Whoever has the common spaces chore should be responsible for making sure this happens daily.

Bathrooms and the kitchen should be cleaned once a week. Kitchen counters should be cleaned every night, especially before and after the cook shift.

## 'Guest' Policy

**Guests are not allowed.** Exceptions may apply in cases of emergencies and unforeseen circumstances, and only if everyone consents after thorough vetting and the potential guest has conformed as closely as possible to our house isolation rules for at least 2 weeks.

For backyard socially-distant visits:

- Everyone should wear face coverings at all times and remain 6 feet apart from non-residents
- Guests are not permitted in the house, except if they need to use the bathroom, in which case:
  - Guests must only use the downstairs bathroom
  - Guests must wear a mask while in the bathroom and disinfect surfaces before they leave (make sure there is a sign with instructions in the bathroom)
  - Guests may not hang out indoors outside of the bathroom
- **Notify** the house in the #guests slack channel before you host someone in the backyard, including their risk level, to avoid the outside space getting too crowded.

In case of emergency or for backyard visits, guests should answer a symptom checker like this one before the visit or as soon as possible after the visit.

## Covid-19 Manager

At the first or second meeting of the fall semester, when the other management positions are assigned, the Bayit members shall select a Covid-19 Manager who will be responsible for the following areas.

- [Tracking](#) the house's exposure (date, type of exposure, risk level) for instances like maintenance crews coming inside the house, someone visiting home for a family emergency, someone going to a doctor's office, interacting with anyone indoors and unmasked, going in to work or classes in person (what protocols are in place), grocery shopping trips, etc. (see the linked spreadsheet for a template).
- Make sure cleaning supplies are stocked within the house and notify shoppers when anything is running low.

- Stay up to date with University Health Services, CDC, and Alameda County regulations and recommendations regarding coronavirus and keep the house updated on any changes.
- Know who is high-risk within the house (e.g., immunocompromised. See full list at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> .
- Oversee isolation of anyone exposed, sick, or high-risk if necessary, as described in later sections.
- Delegate caregiving tasks for someone who has tested positive, including bringing food to their room, dealing with their dirty dishes, bringing them medicine, etc. See the *If Someone Gets Sick* section for details.
- Be in touch with UHS if there is a confirmed case within the house, be responsible for knowing the required procedures in that case, and oversee the house increasing the level of isolation.
- Notify JD Management and the Bayit Board if there is a confirmed case within the house.

The Covid-19 Manager is a point person to handle communication between the board, the Bayit members, and local health authorities, and to help oversee logistics of coronavirus. This person is NOT the “Corona Czar,” and it is not their responsibility to enforce social distancing protocols in the house.

## Out-of-House Precautions

### Grocery Shopping

- Try to minimize the number of trips to one per week, discourage personal grocery shopping when possible
- For personal groceries, use a delivery service whenever possible
- Wear face covering, bring hand sanitizer and use it immediately after touching any high touch surfaces (eg. PIN pads, pens, etc.)
- Sanitize your phone and wallet and wash your hands when you return to the house
- Maintain social distance within stores as much as possible
- Avoid touching your face
- Avoid touching door handles or other high touch areas as much as possible

### Take-out and Delivery

- No-contact delivery food (food delivered from a restaurant and left outside the house without interaction with a delivery person) is okay (just remember to use the disposable treif cutlery!)
- Entering a restaurant briefly, if everyone inside is masked, to pick up take-out is also fine
- No indoor dining in restaurants or in someone outside the bubble’s house.
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## Distancing in General

**Only socially-distant outdoor visits are permitted with people outside the house. Indoor visits are prohibited.** Standard protocols apply: keep a minimum distance of 6 feet (2m) between individuals; wear face coverings at all times; do not touch other people.

Set up a station by the main entrances to the house with the following:

- Hand sanitizer
- A place to keep some clean face coverings for anyone to use
- Sanitizing wipes for phone, wallet, keys
- Clean your hands and phone when returning to the house.

Don't leave your used face covering on surfaces that might touch food (eg. the kitchen counters, the dining table, the tea chest).

Keep windows open as often as possible to increase ventilation within the house.

### When outside the house:

**Wear a face covering and maintain 6 ft of distance** from others any time you enter an indoor environment (i.e., grocery store, CVS, classroom or lab, etc.).

Wear a face covering outside whenever you are (or might be) within 30 feet of another person (eg. pretty much everywhere).

**Always bring a face covering and hand sanitizer when you leave the house!**

**Track what you touch & use hand sanitizer:** Avoid touching surfaces/items that others might have touched. If you have to touch something (like a door handle), immediately use hand sanitizer. That way, if you touch your face, you reduce your risk of exposure to the virus.

Anyone with in-person class or work during this time should determine the safety protocols in place and present them to the house before entering that environment. They should be tracked in the exposure tracker, and if insufficient protocols are in place, they should be isolated in their room as much as possible and wearing face coverings in common spaces.

## If Someone Gets Exposed or Sick....

Note that these guidelines are subject to change. It is always best to follow the most current CDC guidelines and guidelines from the University Health Services.

## If Someone Breaks the Bubble Intentionally...

If someone violates the house distancing and isolation agreement *willingly*, they will be asked to immediately quarantine maximally within the house and make arrangements to vacate the Bayit within 24 hours and isolate elsewhere for at least 14 days. Whether or not they return to the house is subject to a Board and Bayitnik conversation.

Anyone can contact a Board member via [an anonymous google form](#) to report a violation.

In the event that someone is exposed *inadvertently* (e.g., someone spits in your face in a grocery store), refer to the following section.

## If Someone is Exposed to a Known Positive Case:

The exposed person shall immediately:

1. **Self-isolate** within the house, while more information is gathered. This includes:
  - Stop any cleaning and cooking related chores
  - Wear a face covering in the bathroom
  - Remain in their room (someone else will bring them food)
  - Clean bathroom surface after use with disinfectant
2. **Contact their healthcare provider's advice line** (or the University Health Services Tang center's advice nurse), describe the situation, including the degree of contact with the infected person, and follow the provider's guidance.
2. **Notify the Covid-19 Manager** and provide the following information:
  - Details about the degree of contact they've had with another person who may be infected (time you spent with them, activities that you recently did together, how physically close to them you were, etc.)
  - Advice they received from your medical provider
  - Whether or not they have any symptoms

With this information in mind and based on the advice of the healthcare professional, the house should determine the level of concern over this exposure.

The safest course of action in this scenario would be to have them **continue to isolate** within the house, wearing a mask whenever they leave their room, taking meals in their room, and staying in their room as much as possible for 7-10 days to see if symptoms develop. Keep the house and the bathroom they use ventilated.

If anyone is uncomfortable sharing a bathroom with this person during the isolation period, they should be able to move their personal items to another bathroom in the meantime.

## **If Someone is Experiencing Cold or Flu Symptoms...**

Review the CDC guidelines for [what to do if you are sick](#). The sick person (and their immediate roommates) shall **self-isolate** within the house as soon as possible, while more information is gathered. This includes:

- Stopping any cleaning and cooking related chores
- Wearing a mask in common spaces
- Remaining in their room as much as possible, particularly avoiding the kitchen
- Having meals brought to them in their room

The sick person shall **contact their healthcare provider's advice line** (or the Tang center's advice nurse) and describe their symptoms to determine whether medical assistance is necessary. They shall also confirm with a healthcare provider at what point they are no longer contagious (current CDC guidelines state: 10 days since onset of first symptoms and 24-hours fever free). discuss how to tell when they are no longer contagious. The sick person shall arrange to get a coronavirus test as soon as symptoms appear.

While waiting for test results, the person experiencing symptoms (and their immediate roommates) must **continue to isolate within the house**, wearing a mask whenever they leave their room, taking meals in their room, and staying in their room as much as possible. Keep the house and the bathroom they use ventilated. If they normally use the downstairs bathroom, keep the windows open and minimize their time in the kitchen. If anyone else wants to switch bathrooms during this time, arrangements should be made for them to do so.

If they test negative for Covid-19, the isolation should continue until either their doctor (or advice nurse) determines that they are no longer contagious. If they test positive, see the next section.

## **If Someone Tests Positive for Covid-19...**

**A Bayit member who tests positive for Covid-19 must vacate within 24 hours of receiving notice of the positive test result. They can return in accordance with CDC and Alameda County Public Health guidelines for returning to normal activities following testing negative. During this period the Bayit will forgive membership fees.**

**The Bayit members will notify the Covid-19 Manager** immediately. During the 24 hour transition the following procedures shall be followed. The Covid-19 Manager is responsible for overseeing the following isolation procedures, including delegating who will bring food to the isolated room, when they will bring food, who will pick up the used dishes, etc. The Covid-19 Manager is also responsible for helping the sick person contact their healthcare provider, and delegating other care-giving tasks within the house according to the sick person's needs.

If it is possible for the infected person to move to the on-campus isolation/quarantine accommodations that the university **plans to offer**, the Covid-19 manager should help communicate the information about the availability of this option. In this case, all Bayit members should remain in their room and isolate maximally for 14 days.

If on-campus accommodation is not available, review the CDC guidance on caring for someone in your household [here](#). In this case, the following protocols should be followed:

Any **immediate roommates** of the infected person should take their temperatures, self-evaluate for symptoms, and, if healthy, move to another sleeping space. If they have symptoms, they should arrange to get tested as soon as possible. If they don't have symptoms, they should also isolate in their new sleeping space as much as possible for 7-10 days to see if symptoms develop. Even if the roommates are already infected, it is important to reduce exposure to the infected person to prevent a more severe infection.

If there is a positive case in the triple, one of the bunk beds should be moved either to the double or downstairs (the lounge, the library room, or the basement) temporarily. If there is a case in the double, the healthy roommate should relocate to the triple, or bring a mattress downstairs to the library room or the lounge.

The symptomatic individual should **isolate maximally** within the house:

- All **meals** should be brought to them in their room. Gloves should be worn whenever a healthy person is handling the food or dishes of the sick person.
- They should only leave their room for the bathroom
- They should **wear a mask** (not an N-95, which only protects the wearer from the outside, but a cloth one with as sealed as possible) any time they leave their room
- They should **wear a mask** any time a healthy person enters their space and keep their room well ventilated beforehand. Healthy people should avoid being in a space where an infected person has been spending time without a mask as much as possible.
- The **bathroom** they use should be designated only for the infected person
- All of their cooking and cleaning chores should be delegated to someone else

Other residents should:

- Check daily for worsening symptoms, fever, or shortening of breath
- Healthy people should **wear a mask and gloves** whenever entering the sick person's space and should only do so for caregiving purposes. For extra protection, safety goggles or a face shield should be worn over the face mask as well. If helping change



linens for the infected person or spending more than a few minutes in their space, the healthy caretaker should wash all clothes worn in the infected space.

- Caregivers should **wash their hands frequently** and immediately after removing gloves and handling anything of the sick person's

**When to stop isolation**, based on [these sources](#) from the CDC:

- If there were symptoms, isolation can stop 10 days after symptoms first appeared if at least 24 hours have passed without a fever, and if respiratory symptoms have improved
- If they can get tested easily, they can be around others when they have no fever, respiratory symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.
- If there were no symptoms, isolation can stop 10 days after the positive test

## Move-In and Returning to the House

### Move-In

- Adhere to the house standard of social distancing and self-isolating for two weeks before moving in (ie. everyone in your bubble is healthy and you have only interacted with people outside your bubble outside, masked, and 6 feet apart, with the exception of grocery shopping or necessary medical appointments)
- If possible, try to take your own car (or the car of someone you've been isolating with) to drive here
  - Everyone should wear masks during move-in,
- If you have to carpool with others, make sure they've been following our standard of social distancing for at least two weeks and everyone should wear a mask in the car
- If you have to fly here:
  - Move in early if other Bayit members will not be back yet (eg. from winter break) and isolate with those who have to fly
  - Isolate within the house for 2 weeks:
    - No cooking or cleaning chores
    - Wear a mask in common spaces
    - Designate one bathroom for anyone who took a plane
    - Stay in personal bedrooms as much as possible

### Returning to the House

- If you go home (or elsewhere) for any reason (school break, visiting home, etc.) please follow the move-in guidelines before returning to the Bayit.