

# CHECKLIST FOR THE MIKVAH

From the onset of your period, did you:

- A. Wait at least 5 days and afterwards make a proper *Hefsek Tahara* examination\* which was completed before sunset?
- B. Count 7 days afterwards, making 2 internal examinations on each day?

## NOW YOU ARE READY TO IMMERSE IN THE MIKVAH

Did you remove all make-up, lipstick, nail polish, eye liner, contacts and anything else that would be a *chatzitza* (separation)?

Did you wash and comb all you body hair, making sure no hair is knotted or stuck together and removing all loose hairs?

Did you cut your fingernails and toenails and clean the cuticles?

Did you clean your ears, nose and corners of your eyes?

Did you clean all body crevices, between the fingers and toes, your navel and earring holes?

Have you bathed you entire body in the tub, either here or earlier today?

Did you take a shower now in preparation for entering the mikvah?

Have you removed all dry scabs? If you have any scabs that cannot be removed without bleeding, soak them in warm water or apply a warm wet cloth until the scab is soft.

Have you brushed and flossed your teeth and rinsed your mouth?

If you used the toilet after all of your preparations be sure to rewash as necessary.

## DON'T RUSH YOURSELF

If, after immersing, you realize that a preparation was overlooked, a Rabbi should be consulted since in certain cases immersion may have to be repeated.

\* If it is not clear to you how to perform a *Hefsek Tahara* you may ask for personal guidance from a Mikvah Attendant. We will gladly and carefully explain this to you.