

KCL COVID Quarantine Requirements

For incoming or returning Karmê Chöling residents
Updated June 11th, 2020

Karmê Chöling (KCL) requires new incoming residents or returning residents who have traveled outside the state to quarantine. These measures are based on the [requirements of the State of Vermont](#). The State has deemed areas outside the state as either less risky or more risky to contract the Coronavirus. If you are traveling in from an area that is considered more risky to contract Coronavirus, you will need to quarantine. You can [view the State's map here](#) to see which areas are considered safe or unsafe.

Even if you are traveling in from an area that is considered less risky you must travel by personal car and not stop for food, lodging or gas along the way. If you travel in by plane, bus or train, even from a less risky area, you will need to quarantine. [Incoming & returning Vermont travelers](#)

There are two specific opportunities for quarantine:

1. The incoming or returning resident quarantines in one of KCL's peripheral properties that is isolated from the Main KCL house. Meals and supplies will be delivered.
2. The incoming or returning resident quarantines at another property within the state of Vermont and completes [Vermont's certificate of compliance](#).

During Quarantine: You will need to stay quarantined inside for 7 days. If you have had no symptoms of COVID, you can take a test to check if you are positive for the virus or not. If not, you are clear to enter the Residential Mandala at KCL. While quarantined you will need to:

Keep A Daily Health Record

1. The quarantined resident will be required to record their temperature and check their oxygen levels each day at lunchtime, as well as note any COVID like symptoms.
 - This "hard copy" record keeping will show that you were tested and within normal range.
The normal range for temperature is 97-100.4°.
The normal range for oxygen is 90%+.
 - It is recommended to check your vital signs at the same time each day, as temperature and blood oxygen naturally vary over the course of the day.
2. If you develop any symptoms of illness, please notify the COVID officer (Elisa Shafa <personnel@karmecholing.org>).

Stay inside:

1. Please restrict your movements outside of the designated quarantine structure. Do not go outside to work or shop, even for essential items. You can contact the KCL staff and items will be dropped off for you.
2. You may not be on KCL's land while in quarantine. You should limit your outside activities to non populated areas.
3. If you or other quarantined residents become ill, please inform the COVID officer (Elisa Shafa <personnel@karmecholing.org>) as soon as possible.

This document is a living document that will be updated with current guidance and regulations from the State of Vermont.

I have read and understood the Karmê Chöling COVID Quarantine Requirements. I agree to abide by them as a returning or incoming resident at KCL while the Coronavirus is an ongoing concern.

Signature: _____

Name: _____ **Date:** _____