

PANDEMIC SAFETY PROCEDURES FOR CABIN RETREATS 2020

Wear a facemask and keep 6' apart when interacting with a Karmê Chöling staff member or teacher.

Take your temperature daily with your own fever thermometer to self-monitor your health. If any COVID-like symptoms occur you will **leave the cabin, walk down** to your car and drive yourself to the hospital or to your home **after calling your doctor** to find out what they recommend you to do.

Do not enter Karmê Chöling buildings.

You will call the KCL Front Desk -and- emergency pager as soon as possible to let us know that you left retreat.

COVID-19 symptoms include: A fever above 100.4° F / 38° C

- Chills;
- Muscle pain;
- Sore throat;
- Headache;
- New loss of taste or smell.

In the event of **sudden disabling illness** you will take your fully charged cell phone to your cabin as an emergency phone. Keep the phone shut off. Only use it to call the KCL emergency pager if you are too ill to walk down to your car.

If you don't have a cell phone or reception, we will follow a daily procedure to make sure that you are safe:

*Walk to your retreat sign every morning and clip the card that is provided there **in front of the board**. Your retreat helper will come by **at noon** and clip your card behind the retreat sign. If your sign is not in front, your helper will know that you are too sick to be able to walk and they will come to your cabin for help.*

Cleaning your cabin thoroughly before coming out of retreat is a required part of the process. Use the provided "Cleaning List" and do every task.

During the COVID-19 pandemic we cannot allow guests to enter the buildings at Karmê Chöling, unless they have been in cabin retreat for at least 14 days, which fulfills the quarantine requirement.

KCL Front Desk: (802) 633-2384 x3000

Emergency Pager number: (802) 283-6118

When prompted to leave a phone number, enter your cell phone number