



COVID-19 Quarantine Requirements At Karmê Chöling

During the COVID-19 Pandemic Karmê Chöling (KCL) requires all new household members to go through a period of quarantine before coming to live in the Main House. In addition, returning staff and residents who have been on extended travel will also be required to quarantine before reentering the household.

After you have quarantined, you will need to complete the [Vermont Certificate of Compliance](#) as well.

Quarantine Option 1 - Stay at Ashoka Bhavan:

Ashoka Bhavan (AB) is KCL's guesthouse in Barnet. It has its own kitchen, internet connection, balconies on the 1st and 2nd floor, private bedrooms and shared bathrooms. Food, meals and shrine supplies are delivered to you by KCL staff. This would be the beginning of your residency and would be provided to you on that basis.

The State of Vermont allows for two quarantine plans:

- (i) a 14-day quarantine where you don't need to take the COVID test; or
- (ii) a 7-day quarantine followed by a negative COVID-19 test. (See instructions below)

If you are in quarantine with a group, the group will need to do one or the other of these plans as a group.

Quarantine guidelines:

- Plan on staying in quarantine for 10-14 days. (Even with a test it could take several days for the results to come back.)
- In the common areas at Ashoka Bhavan you will need to wear a face mask and when possible keep 6 feet of distance from the other people in quarantine.
- Members of the KCL Staff are living on the 3rd floor of AB and will be using the stairwell to come and go. They will wear masks and maintain social distancing whenever they are passing through.
- No mask is required when you are by yourself in your own room.
- Meals should be eaten either in your room or outside keeping 6 feet of distance from others.

- Make sure to have regular contact (every 1-2 days) with KCL staff to let them know how you are in regards to symptom monitoring, supply requests and well-being. The KCL Residency Coordinator will come by daily to bring lunch and check in with you.
- KCL will provide meals, food and can make a run into town for supplies for you. In this way no in-person interaction will be required.
- We have internet connection so if you telecommute you can work while in quarantine.
- You will need to stay on the AB property or in the area directly behind it.
- No car trips can be taken during quarantine.
(Only trips for medical necessity or to travel to and from a test site are allowed.)
- Limit your in-person interactions to the others with whom you are in quarantine.
- When in quarantine with others, your quarantine period begins when all members of the group have arrived. Your quarantine period ends when all members of the group have completed their quarantine, i.e. received negative test results or been in quarantine for 14 days.
- Monitor yourself for symptoms:
 - Fever: Normal temperature is 97°-100.4°
 - Shortness of breath: Normal oxygen level is 90% and above
 - Headache
 - Fatigue
 - Chills or body aches
 - New loss in smell or taste
 - Cough, running or congested nose
 - Nausea, vomiting or diarrhea

If you develop any symptoms while in quarantine at Ashoka Bhavan, please contact:

1. Your healthcare provider
2. The KCL Residency Coordinator (Kaitlin Mignella
residency-coordinator@karmecholing.org)
3. The COVID Officer (Elisa Shafa; personnel@karmecholing.org)

Before you arrive to start your quarantine, we will be in contact to discuss your plans. Please bring up any questions and concerns you have about the quarantine with the COVID officer Elisa Shafa. You can also contact her beforehand at personnel@karmecholing.org.

COVID Testing

Use one of Vermont's popup test sites on or after your 8th full day to be tested.

Appointments are mandatory and should be made at least 2-3 weeks in advance to ensure you get the time you need.

Use this link and enter 05821 as the area code to bring up locations close by. St Johnsbury is the closest.

<https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19>

Receiving COVID Test Results:

After you are tested at the popup clinic, your results, if negative, will be found online. If your results are positive, they will notify you by phone within 2 days. They don't leave messages and there's no option for call backs so please make sure you keep your cell phone close as you wait for results. The clinic will try to contact you by phone 3-4 times and then will mail you a letter. Please give KCL as your mailing address:

369 Patneau Ln.
Barnet, VT 05821

Quarantine Option 2 - Do a Solitary Retreat in one of KCL’s Retreat Cabins:

Doing your quarantine as a solitary cabin retreat is an option for those who have previous experience with this at Karmê Chöling. This would be a true practice retreat following the usual retreat guidelines <https://www.karmecholing.org/programs/cabin-retreats>.

- Monitor yourself for symptoms.
- You will check in with the KCL staff regularly to let them know how you are doing with regards to symptoms and general well-being via a predetermined system of communication.
- No MI visits while in quarantine.
- Your retreat would be 14 days in order to complete your quarantine requirements.

Quarantine Option 3 - Quarantine at home before coming to Karmê Chöling:

This option is considered on a case by case basis. Please contact Elisa Shafa to discuss this option. personnel@karmecholing.org

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: _____