

# COVID Policy

Updated October 7, 2021

This policy is written in the interest of keeping residents and visitors safe from COVID while at KCL and allowing our household members to continue to live in a mask-free environment.

We have based our guidelines on the [CDC recommendations](#). With new developments in the COVID pandemic, this document will change accordingly and may change without notice as circumstances dictate. We therefore recommend that you refer back to this page shortly before planning a visit or return to Karmê Chöling.

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## Day Visitors

**Day Visitors** are required to mask indoors, regardless of vaccination status and where they are traveling from. These visitors may be unmasked outside in situations where they can maintain social distancing. All meals will need to be eaten outdoors.

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## Overnight Visitors/Residents

New Incoming Residents, Program Participants, Overnight Visitors, Returning Residents (gone overnight or longer), etc

### ENTERING THE HOUSEHOLD

1. **1st COVID Test:** Anyone at KCL overnight and longer is required to get a PCR or Rapid COVID test within 72 hrs. prior to arrival at KCL. You must test **before** your arrival at KCL to ensure you do not arrive with COVID. Tests are available for free in St.Johnsbury and at other locations through the [Vermont Department of Health](#).

If you think you may have been exposed to COVID-19, please postpone your arrival to KCL by 3-5 days after your exposure. Watch for COVID symptoms and test accordingly.

2. **Mask indoors:** You will need to mask for 4 days after arrival in all common areas of the house. This includes at meal times.  
You will not be able to eat meals in the dining room or other common areas during these initial four days. You can eat outside or in your private room. With the good weather, people have sat out on the porch for meals.

3. **2nd COVID Test:** After 4 days, we require everyone to be tested for COVID again, regardless of their vaccination status (ex. Arrive on Sunday, test on Thursday). At-home Rapid tests are available at many stores and pharmacies.

## Ongoing Masking:

### VACCINATED:

- NOTE: All Staff, Volunteers, Residents and Overnight Participants/Guests are required to be fully vaccinated before arriving at KCL.
- You are considered fully vaccinated only after two weeks of receiving either
  - the second shot of Pfizer or Moderna vaccine or
  - the first shot of the Johnson & Johnson vaccine.
- After receiving a negative COVID test on the 4th day, you may unmask inside the KCL facilities at your discretion.
- Being in the house without a mask is contingent on following the **COVID Policy for KCL Residents** (See below)

### UNVACCINATED Day Visitors:

- NOTE: Allowed for Day Visitors and Short-Term Program Participants only. **All overnight visitors are required to be vaccinated**
- Anyone who is unvaccinated is required to wear a mask indoors in any Karmê Chöling facilities, even after receiving a negative COVID test result per the CDC guidelines.
- Unvaccinated people may choose not to wear a mask outside as long as they stay socially distanced.
- During outdoor activities that don't allow social distancing, unvaccinated people must mask

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## COVID Policy for KCL Residents/In-House Retreatants

### Vaccine Requirements

- Staff, Volunteers and Residents are required to be fully vaccinated in order to live at Karmê Chöling
- You are considered fully vaccinated only after two weeks of receiving either
  - the second shot of Pfizer or Moderna vaccine or
  - the first shot of the Johnson & Johnson vaccine

## Out and About

- When outside the KCL household, we require all residents to mask and social distance indoors at other households or venues where you do not know whether everyone is vaccinated.
- KCL household members must mask at all indoor retail/business establishments
- Eat only at outdoor/open-air venues where socially distanced eating between tables/parties is available.

## COVID Infection

- Residents - If you test positive for COVID while away, we may ask you to delay your return for 10 days after your positive test. If a delay in return is not possible or you become ill while at KCL, you will need to quarantine for 10 days after your positive test.
- Overnight Guests/Participants - If you test positive while at KCL or before arriving, we ask that you depart or defer your arrival. Full refunds are available for those who have not arrived at KCL/ cancel their reservation due to possible exposure to COVID.

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*I agree to follow Karmê Chöling's COVID Policy as stated above. I understand this is not a static document, but will be updated as circumstances change with COVID-19. In order to live or visit Karmê Chöling I will need to follow the current COVID Policy.*

*I also understand that my repeated non-compliance with this policy will result in my being required to leave Karme Choling.*

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*Printed Name*

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*Date*

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*Signature*