

# Karmê Chöling COVID Policy

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

**Only vaccinated individuals may stay at KCL overnight or longer.**

### ENTERING THE HOUSEHOLD

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.

1. **1st COVID Test:** Anyone staying at KCL overnight or longer is required to get a PCR or rapid COVID test within 48 hours prior to arrival, regardless of vaccination status. PCR tests are available via your healthcare provider; they are free in St. Johnsbury and at other locations through the [Vermont Department of Health](#). Rapid tests are available over-the-counter at a variety of stores.

Send test results to [covid-test-results@karmecholing.org](mailto:covid-test-results@karmecholing.org)

2. **Mask indoors:** Regardless of vaccination status, during this period, you must mask in all common areas of the house. You will not be able to eat meals in the dining room or other common areas; please eat in your own private room or outdoors. For some

programs, a separate dining area is set up; your program coordinator will let you know if this is the case.

For personal hygiene activities that require unmasking, such as brushing your teeth or washing your face, please use a single-person bathroom. Your program coordinator or the Front Desk staff can identify appropriate bathrooms for you.

3. 2nd COVID Test: After 72 hours, if you have been abiding by the COVID Policy for KCL Residents/In-House Retreatants (see below), you may choose to take a second COVID test and join the KCL Household Bubble.

Send test results to [covid-test-results@karmecholing.org](mailto:covid-test-results@karmecholing.org)

## 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 72 hours after arrival, 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
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## 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*