

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.

Day Visitors

Regardless of vaccination status, all Day Visitors are required to wear a [CDC approved mask](#) indoors. You may be unmasked outside in situations where social distancing can be maintained. Meals must be eaten outdoors.

Overnight Stays/Entering the Household

New/Incoming Residents, Program Participants, Overnight Visitors, Residents returning from time away, etc.

Only vaccinated individuals may stay at KCL overnight or longer.

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 – Pre-arrival PCR COVID test: Regardless of vaccination status, everyone staying at KCL overnight or longer is required to get a **PCR test within 48 hours** prior to arrival. PCR tests are available via your healthcare provider; they are free in St. Johnsbury and at other locations through the [Vermont Department of Health](#). Email your test results to covid-test-results@karmecholing.org

If you do not receive the results of your PCR test before your arrival at KCL, we will require you to take a [rapid antigen test](#).

If you have previously had COVID and therefore expect to get a positive test result on a PCR test, contact covid-task-force@karmecholing.org for further instructions.

2 – Mask indoors for 72 hours: Regardless of vaccination status, we will require you to wear a [CDC approved mask](#) in all public indoor spaces in 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.

Please bring your own masks. If necessary, masks may be purchased at the KCL Front Desk for \$5 each.

3 – Rapid antigen COVID test and unmasking: After 72 hours, if you have been abiding by and will continue to abide by the COVID Policy for Members of the KCL Household Bubble (see below), you may choose to take a rapid antigen COVID test and join the KCL Household Bubble. Send test results to covid-test-results@karmecholing.org

Please bring your own rapid tests. If necessary, tests can be purchased at the KCL Front Desk for \$20 per test.

If you know that you have been exposed to COVID, or test positive while at KCL or before arriving, we ask that you depart or defer your arrival and contact info@karmecholing.org. Full refunds are available for those who have not arrived at KCL/ cancel their reservation due to possible exposure to COVID.

Summary

What you need to plan for:

- Schedule your PCR test for 48 hours before your arrival at KCL.
- Bring your own [CDC approved mask\(s\)](#).
- Bring two over-the-counter rapid antigen tests.

COVID Policy for Members of the KCL Household Bubble

Vaccine Requirements

Everyone (Staff, Volunteers, Residents, Retreatants, and Participants) is required to be fully vaccinated in order to live or stay 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

You are required to wear a [CDC approved mask](#) and practice social distancing

- indoors at other households or venues where you do not know whether everyone is vaccinated.
- at all indoor retail/business establishments

Members of the KCL Household Bubble may not eat at indoor restaurants.

Working Outside of the House

Any residents who wish to work outside of the house must meet with the COVID Task Force to assess the safety and compatibility of their work to living in the household.

We will require that an outside employer is actively informing their employees of COVID cases in their workplace and require the resident have a private space to eat.

Masking When Symptomatic

If you are experiencing possible COVID symptoms [as defined by the CDC](#), we ask you to wear an CDC-approved mask in all public spaces. You may still come into the house to work, etc, but must eat meals outside or in your own private space. While your symptoms persist we will ask you to continue masking

- 1) for 4 days regardless of test results or
- 2) until you are not symptomatic.

If your symptoms worsen or persist past 72 hours, we will ask you to take a PCR COVID test.

In case of COVID Infection

If you test positive for COVID while away, we will 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.

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.

Printed Name

Date

Signature