

# COVID Policy FAQs

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 to Karmê Chöling.

## COVID Policy: Day Visitors

Regardless of vaccination status, all Day Visitors are required to wear a [CDC approved mask](#) indoors. Please do not plan a visit to Karmê Chöling if you have any COVID like symptoms.

### Do I need to wear a mask if I visit Karmê Chöling?

**Indoors:** All Day Visitors are required to wear a N95 or KN95 mask indoors.

**Outdoors:** You may be unmasked outside in situations where social distancing can be maintained.

### Can I drop by and eat lunch at Karmê Chöling?

At this time you will need to wear a mask while you collect your food in the service area and then eat your meal outdoors. During the warmer weather it's quite pleasant to eat out on the porch.

## COVID Policy:

### Overnight Visitors & Program Participants

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

Please do not plan a visit to Karmê Chöling if you have any COVID like symptoms.

### Is there pre-arrival health screening for program participants?

Yes, all program participants will be required to:

- Provide verification and documentation of Covid-19 vaccination
- Sign a general liability waiver form and a COVID-19 waiver form

- Complete a health assessment
- Take a **PCR test within 48 hours** of arrival at KCL and receive a negative result. 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](mailto:covid-test-results@karmecholing.org)
- 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](mailto:covid-task-force@karmecholing.org) for further instructions.

## **What if the results of my PCR test don't come back before my arrival at Karmê Chöling?**

We will require you to take a Rapid Antigen Test before you are allowed to be in the house and to wear a mask until your test results come in. Please bring your own rapid tests. If necessary, tests can be purchased at the KCL Front Desk for \$20 per test.

## **Is full vaccination for COVID-19 required to attend a program at Karmê Chöling?**

Karmê Chöling does not require full vaccination to attend a program.

**However**, some of the teachers of certain programs do require it. We will note when this is the case.

For Karmê Chöling you will need to follow these steps if you are not fully vaccinated:

- Obtain a medical exemption from your medical doctor (MD)
- Take a PCR test and receive negative results within 72 hours of arrival at KCL.
- Quarantine for 72 hours before you arrive.
- Email your test results to [covid-test-results@karmecholing.org](mailto:covid-test-results@karmecholing.org)
- Do not use public transportation to travel to KCL as this will re-expose you to more risk
- When you arrive at KCL you will need to mask while indoors and eat outdoors.
- You will be required to stay on-campus for the full duration of your program

## **What if I think I have been exposed to COVID shortly before I am to arrive at Karmê Chöling?**

Please postpone your arrival to KCL by 3-5 days after your exposure . Watch for COVID symptoms and test accordingly.

Full refunds are available for those who have not arrived at KCL/ cancel their reservation due to possible exposure to COVID.

## **Will I be required to wear a face mask while at Karmê Chöling?**

**In the house:** No, you don't need to wear a mask in the house.

**Out and About:** You are required to wear a N-95 or KN-95 mask (not a cloth mask or kerchief) 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

Please bring a supply of masks with you or you can purchase one from KCL's Front Desk for \$5 each.

## **What should I do if I suddenly don't feel well or start to experience COVID-like symptoms while at Karmê Chöling?**

Should you begin to exhibit symptoms we ask that you notify the program coordinator for your group or alert a Karmê Chöling Staff person. We will support you in seeking more immediate, local medical care or if necessary arranging for a ride home.

## **Where can I find a testing site near Karmê Chöling?**

[Please visit this state resource page](#)

St. Johnsbury is the closest town with a zip code of 05821.

## Who can I contact if I have additional questions?

Please contact our COVID team via email: [covid-task-force@karmecholing.org](mailto:covid-task-force@karmecholing.org)

## Information For Groups:

More information for groups planning to hold retreats at Karmê Chöling should contact us directly by emailing [jt buck@karmecholing.org](mailto:jt buck@karmecholing.org)

## COVID Policy: Residents & Bubble Members

### Do I need to be vaccinated to be a resident or bubble member?

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 after receiving either

- Two shots of Pfizer or Moderna vaccine or
- One shot of the Johnson & Johnson vaccine
- Plus a booster shot

### How do I return to the 'bubble' after traveling?

1. Mask when you arrive at KCL
2. Take a PCR
3. Remain masked within the house until you receive your results back.

### Do I need to mask when I go to town or visit with others?

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

### Can I eat in restaurants?

Household members are able to eat in restaurants when the county that the restaurant is located in is 'yellow' or 'green' according to the [covidactnow.org](https://www.covidactnow.org) website. If the county is at high risk or 'orange' then avoid eating inside there. Outside eating is fine.

- Only eat at restaurants where the staff are masked
- Sit socially distanced from other tables
- Use a mask except when actually sitting at your table

## Can I work outside of KCL?

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.

## What if I'm not feeling well?

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.

## What if I become sick with COVID?

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.

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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*