

**Himalayan Institute Information and Policies
As the COVID-19 Pandemic Recedes in the U.S.
June 28, 2021**

We invite you to join us, and experience opportunities to grow, relax, find inner peace, and share with like-minded souls on our beautiful campus.

With COVID-19 pandemic case numbers greatly decreased in the U.S., and vaccination rates high, we are easing some COVID-19 restrictions, and are thrilled to be able to share our campus and programs with you.

For those who are fully vaccinated, masks are optional, indoors and outdoors.

For those who are not fully vaccinated, masks and physical distancing continue to be required in public spaces, including classrooms and the Sri Vidya Shrine. You may remove your mask outdoors, unless you are in close proximity to others.

NOTE: Masks will continue to be required at the PureRejuv Wellness Center for both vaccinated and unvaccinated people.

Our Shared Responsibilities:

The Himalayan Institute holds the wellbeing and safety of our guests, staff and community as our top most priority. We invite you to come and enjoy our vibrant, friendly environment with the understanding that we all have a shared responsibility to follow best practices at the Institute and in our personal lives, for everyone's health and peace of mind.

Our Promise to You:

- We will maintain thorough cleaning and ventilation throughout our buildings.
- We will require Wellness Checks for all staff and guests on campus.
- We will provide hand sanitizer stations.
- We will strive to provide you with what you need to make your experience with us outstanding.

Your Promise to Us:

- You will follow our guidance on keeping our campus safe and healthy for all.
- If you are not fully vaccinated against COVID-19, you will wear your face mask and follow physical distancing guidelines on campus.
- You will wash your hands frequently and use hand sanitizer as needed.
- You will incorporate best practices for COVID-19 mitigation in your lifestyle and travel, at least for the 14 days before you visit the Institute.
- You will choose another time to visit the Institute:
 - if you are ill
 - if you have been exposed in the last 14 days to anyone with COVID-19, or been exposed to an area with COVID-19 outbreaks or rapidly rising cases
 - if you have travelled internationally in the last 14 days
 - If you are not able to abide by our protocols

General Information for Guests

- The Himalayan Institute community adheres to COVID-19 best practices protocols based on CDC and State and Federal government guidelines, including requiring face masks for those who are not vaccinated.
- We will ask you these COVID-19 related wellness questions on arrival. **If you answer yes to any of them, you will need to choose another time to visit.**
 1. Do you have any COVID-19 symptoms not related to a pre-existing condition?
 2. Have you been exposed to COVID-19 in the last 14 days?
 3. Have you traveled Internationally in the last 14 days?
- Staff and guests agree to use safety strategies when traveling, and not travel to COVID-19 hotspots with a high rate of active community spread in the 14 days before they come to the Institute.
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- We will not pair guests in shared rooms. Shared rooms are only for those guests who choose to room together.
- We monitor the average number of reported COVID-19 cases over a 14 day period, in the U.S. counties guests are coming from, up to the day before they arrive. We use the New York Times cases tracking data published on their website.
<https://www.nytimes.com/interactive/2021/us/covid-cases.html>
We then use a CDC metric to determine if COVID-19 spread is high in that county. At this time we consider 40 cases per 100,000 residents to be a hotspot, and too high for a visit to our campus. We may use other data as well in determining a hotspot.
We may need to cancel your reservation if you are coming from a COVID-19 hotspot.
- Guests agree to notify our Guest Services desk if they become ill while staying on campus so we can assist you.
- We are prepared to quarantine and/or isolate guests and staff with symptoms.
- If you are ill, or have been exposed to COVID-19, stay home.

If You Get Sick While Staying at the Himalayan Institute:

- If you have an emergency, call 911.
- Contact our Guest Services team at the front desk or call 570-253-5551 #1 and let them know. After hours call 973-283-4100 answering service.
- Isolate yourself.
- Contact your healthcare practitioner or local urgent care provider, and follow their guidance.
- Have a plan in place to get home as soon as possible if you are ill.

COVID-19 Waiver of Liability:

The Himalayan Institute has in place preventative measures to reduce the spread of COVID-19. However, COVID-19 is contagious, and traveling outside your home and gathering with others has risks. We cannot guarantee that you will not become infected. The waiver agreement below needs to be understood and signed by our guests before they come to our campus.