

## Our Shared Responsibilities in Response to the COVID-19 Pandemic

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. With COVID-19 cases low in most parts of the U.S., as of March 8, 2022, masks are optional on our campus, except at the PureRejuv Wellness Center, where masks are still required.

### Our Promise to You. We will:

- Require guests and visitors to be **fully vaccinated against COVID-19**
- Require Wellness Check questions for all staff and guests on campus (see below).
- Adhere to COVID-19 best practices protocols based on CDC and State and Federal government guidelines.
- Maintain thorough cleaning and ventilation throughout our buildings.
- Provide hand sanitizer stations.
- 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.
- Agree to **be fully vaccinated** before visiting.
- Provide proof of vaccination (website below).
- Incorporate best practices for a COVID-19 safer lifestyle and travel, at least for the 7 days before you visit the Institute. (see below)
- Wash your hands and use hand sanitizer as needed.
- Choose another time to visit the Institute if you:
  - are ill
  - have been exposed in the last 7 days to anyone with COVID-19,
  - have been exposed to an area with high COVID-19 cases where you are not able to maintain Covid-safe practices.
  - have traveled internationally in the last 7 days
  - are not able or willing to abide by our protocols.

### Vaccination Requirements:

- We require guests and visitors at the Himalayan Institute to be fully **vaccinated against COVID-19**. You are fully vaccinated when:
  - A full 2 weeks have passed since your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
  - A full 2 weeks have passed after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Acceptable vaccines are those authorized or approved by the World Health Organization. Follow this link for the acceptable vaccines list. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines/advice>

- If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Please choose another time to visit the Himalayan Institute.
- Overnight Guests are required to provide proof of vaccination prior to arrival. Email a photo of your vaccination card to: [covidvaccine@himalayaninstitute.org](mailto:covidvaccine@himalayaninstitute.org) Please bring your proof of vaccination with you when you visit.
- Day visitors are required to provide proof of vaccination upon arrival

### Masks

- With COVID-19 cases low across most of the U.S., as of March 8, 2022, masks are optional on our campus, except at the PureRejuv Wellness Center where masks are still required.

### Wellness Questions

- 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 7 days?
  3. Have you traveled Internationally in the last 7 days?

**Best Practices for a Covid-safer Lifestyle for People who are Vaccinated** Please Incorporate best practices for a COVID-19 safer lifestyle and travel, at least for the 7 days before you visit the Institute. If you are not able to follow these COVID-safer guidelines, please choose another time to come.

- Avoid crowded, poorly ventilated indoor gatherings where COVID-19 has a greater chance of spreading.
- Wear a mask when using public transportation like planes, trains and buses.
- Monitor yourself and people you live with for COVID-19 symptoms, and test if you have symptoms.

**International Travel Guests** If you have traveled internationally (anywhere outside the United States) in the 7 days prior to your visit, you will need to choose another time to join us. Guests who have traveled internationally need to monitor their health for a full 7 days after they return to the U.S. before visiting the Institute. **General Information for Guests**

- The Himalayan Institute community adheres to COVID-19 best practices protocols based on CDC and State and Federal government guidelines.
- Our campus community is over 90% vaccinated.
- We will not pair guests in shared rooms. Shared rooms are only for those guests who choose to room together.
- Hand washing/hand sanitizing is required before entering the dining hall buffet line.
- Our COVID-19 policies may change as the situation changes and new information becomes available.
- Staff and guests agree to use COVID-19 safety strategies when traveling. Check those out here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- 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 who test positive.
- 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.

**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 [found here](#) needs to be understood and signed by our guests before they come to our campus.