



## Himalayan Institute Information and Procedures to Reopen to Guests In the COVID-19 Era

Following guidance from the Commonwealth of Pennsylvania, we are very pleased to be able to share our campus and programs in-person again. Our state is opening in phases, and [Wayne County is entering the Green Phase on June 12, 2020](#). We open with care, and with a 'new normal' on campus. 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. We are thrilled to be able to welcome you to the Himalayan Institute!

### **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 for everyone's health and peace of mind.

We are all in this together, and need everyone's cooperation to create a healthy and enjoyable experience for all.

### **Our Promise to You:**

- We will maintain thorough cleaning, sanitizing and ventilation protocols throughout our buildings.
- We will require Wellness Checks for all staff and guests on campus.
- We will wear face masks on campus.
- We will follow physical distancing guidelines.
- We will provide hand sanitizer stations and lots of soap and water to wash hands frequently.
- 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 and knowledge on keeping our campus safe and healthy for all.
- You will wash your hands frequently and use hand sanitizer if needed.
- You will wear your face mask on campus.
- You will follow social/physical distancing guidelines.
- You will be kind and patient as we all navigate new ways of being together.
- You will choose another time to visit the Institute if:
  - 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



### Highlights of Information for Guests:

- Wellness Checks\*
  - We will administer a touchless temperature check on your arrival. We ask that before you leave home, you have everyone in your party check that their temperature is below 100.4F.
  - We will ask you the Wellness Check questions (see below) on arrival. We ask that everyone in your party ask themselves the Wellness Check questions before leaving home. If they answer any question with 'yes', please choose another time to come to the Institute.
- Please wear your face mask in all public spaces on campus.
  - Wear your mask when you enter and leave the dining areas. You may remove your mask, of course, while you are seated to eat your meal or drink a beverage.
  - You may remove your mask outdoors, if you keep at least 6 feet away from anyone else. Remember to wear it on your way outdoors, and put it on again when you come back inside.
- We will post signs and gently remind you about the 'new normal' behaviors we are practicing for everyone's wellbeing.
- There will be limited seating/practice space in some classrooms, the Sri Vidya Shrine, and dining areas, as we adhere to physical distancing guidelines.
- We will offer cash-free methods of payment only on campus
- The exterior doors of our main building will remain locked at all times. You will receive a guest door code on arrival, for use at the front and back entrances. All exterior doors function as exit doors.
- We ask that you follow best practices for safe and hygienic travel on your way to and from the Institute  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
- Prior to arrival, we will ask you to read and sign our [COVID-19 waiver](#).



### **Our Response to the COVID-19 Pandemic General Information for Guests**

- The Himalayan Institute community adheres to best practices protocols based on CDC and State and Federal government guidelines, including frequent sanitization, requiring face masks, practicing social/physical distancing and traveling in a safe way.
- We are operating at a reduced guest capacity.
- Wellness Checks (see below) for all guests, staff and Residents are required.
- Guests agree to notify our Guest Services desk if they become ill while staying on campus so we can assist you.
- Staff and guests agree to use safety and mitigation 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.
- We are prepared to quarantine and/or isolate guests and staff with symptoms.
- We have a COVID-19 Task Force that is monitoring current information on COVID-19 daily.
- Our local Wayne Memorial Hospital in Honesdale is equipped to test for COVID-19 with a prescription, and has containment rooms for patients with COVID-19.

#### **Wellness Check and Self-monitoring:**

- We will administer a touchless temperature check on your arrival. We ask that before you leave home, you check that your temperature is below 100.4 F.
- We will ask you the Wellness Check questions below on arrival. We request that you ask yourself these questions before leaving home. If you answer 'yes' to any of the Wellness Check questions, please choose another time to come to the Institute.
- Please monitor your health while you are here at the Institute. We recommend that you bring a personal thermometer for daily temperature checks. If you develop illness, inform our Guest Services desk for assistance.

#### **The Wellness Questions:**

1. Is your body temperature over 100.4F?
2. Do you feel sick?
3. Do you have a cough not related to a pre-existing, non-communicable health condition?
4. Do you have shortness of breath not related to a pre-existing non-communicable health condition?
5. Do you have a sore throat not related to a pre-existing non-communicable health condition?
6. Do you have muscle aches not related to a pre-existing non-communicable health condition?
7. Do you have chills not related to a pre-existing non-communicable health condition?
8. Have you noticed that you have recently lost your senses of smell and/or taste?
9. Have you been in close contact with someone with COVID-19 in the last 14 days?
10. Have you been in a COVID-19 hotspot with an outbreak and/or rising cases in the last 14 days? (CDC website link)
11. Have you travelled internationally in the last 14 days? ([CDC website](#))



### **Face Masks Are Required in All Public Spaces on Campus:**

- You need a face mask to enter the campus. Please bring your own face mask. The Institute will normally have cloth face masks available for purchase.
- Use a face mask to adequately cover your nose and mouth in all public spaces on campus.
- Wear your mask when you enter and exit the dining areas. You may remove your mask, of course, while you are seated to eat or drink a beverage.
- You may remove your mask outdoors, provided you keep at least 6 feet away from anyone else. Remember to wear your mask on your way outdoors, and put it on again when you come back inside.
- You may remove your mask in your room and in the shower.
- Reserve N95 masks for health care workers only, unless you have a vulnerable health condition.

### **Washing Hands and Sanitation:**

- Guests, staff and Residents agree to wash their hands multiple times each day. Do not touch your face without clean hands.
- Hand sanitizer stations are available in multiple locations in our main building.
- Frequently touched surfaces are cleaned and sanitized multiple times daily.
- Restrooms are cleaned multiple times daily. Ventilation has been increased where possible.
- Showers are cleaned multiple times daily. Disinfectant spray and squeegee are available for guests to use in each shower stall, before/after use. Ventilation has been increased where possible.
- Our kitchen staff follows best practices on maintaining a clean and sanitary environment.
- Our dishwashing staff follows best practices on cleaning, disinfecting, and handling all dishes and cutlery.
- Our dining areas are cleaned multiple times daily.
- Our laundry room staff follows best practices on washing towels and bed linens, and maintaining a sanitary environment.

### **Accommodations:**

- We are operating at a reduced capacity for overnight guests.
- All rooms are available on a first come, first served basis.
- We will not pair guests in shared rooms. Shared rooms are only for those guests who choose to room together.
- Rooms are ventilated for 24 hours before cleaning staff enters to prepare for the next guest.
- Rooms are cleaned and sanitized after each occupancy.
- All bed linens, blankets and towels are washed after occupancy.
- Pillows have a sanitary inner covering. Outer pillow case is washed after occupancy.
- Disinfectant cleaner and paper towels are available in each room for use on surfaces by guests in their rooms.



### **Shared Showers and Restrooms:**

- Showers and restrooms are cleaned and sanitized multiple times daily.
- Ventilation has been increased where possible.
- We recommend guests use our 'shared restroom strategy.' To use the restroom, use the paper towel method to open doors, flush toilets, turn on water. Here's how that works:
  - Push the bathroom door open with your shoulder.
  - Grab a paper towel from the dispenser.
  - Use the paper towel to open/close stalls and flush the toilet. Use the paper towel to turn on/off faucets. Throw it away.
  - Dry hands with a fresh paper towel and use that paper towel to open the bathroom door on your way out. Throw it away.
- Disinfectant spray and squeegee are available for guests to use in each shower stall before/after use.
- Clean bath mats are available for each guest in each shower room.

### **Dining Rooms:**

- Wear your face mask through the dining areas until you are seated with your meal. Please put your mask back on when you move away from the table.
- Our dining area tables and chairs are arranged with physical distancing in mind. Please do not move chairs and tables from their locations.
- Please adhere to physical distancing while waiting in line at the food service area. If the line is long, please leave the area and return at a later time.
- Guests will move through the food service area one at a time, where they will be served meals by our staff, and then take a seat in one of our dining areas inside, or picnic areas outside.
- At the end of your meal remove your used dishes and cutlery to the 'dish buddy' station in your dining area.

### **Outdoor Picnic Areas:**

- Maximum of 3 people at each picnic table, with no one sitting directly across from anyone else.
- Please maintain 6 feet distance if you are enjoying a meal seated in our lawn chairs.

### **Classrooms:**

- Classrooms will be set up with appropriate physical distancing in mind. Please do not move chairs from their original locations.
- For larger programs, guests will rotate between the room with the live presenter, and other classrooms with simultaneous live video transmission.
- Ventilation to circulate fresh air has been increased in all classrooms.

### **Yoga Classes:**

- The Institute is in the process of evaluating how to conduct Hatha Yoga classes on campus in alignment with new health and safety best practices.



### **Sri Vidya Shrine:**

- Meditation spots are designated inside the Shrine. Please do not move chairs or sit anywhere else.
- Please observe physical distancing in the Shrine.
- Please bring your own meditation cushion. No shared meditation props will be available.
- Sign-up for Shrine seating during larger programs may be available at our Guest Services desk.

### **Havan and Pavillion:**

- Please observe physical distancing in the Havan and Havan Pavillion.
- Please do not move chairs from their original locations.

### **If You are Sick, or Have Been Exposed to COVID-19, Stay Home:**

- If you are sick, stay home and contact your healthcare provider. Follow their guidance. Isolate from others in your home as much as possible, wear a face mask, and sanitize surfaces frequently.
- If you have been exposed to COVID-19 by close contact with someone who has the disease, stay home, and quarantine for 14 days. If you develop symptoms, contact your healthcare provider.

### **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.

## **General Information About COVID-19**

### **Novel Coronavirus Disease—COVID-19:**

According to information from the Centers for Disease Control and Prevention (CDC), COVID-19 is a new illness caused by the 2019 novel coronavirus. The world is in the midst of a global COVID-19 pandemic. COVID-19 causes respiratory illness in people and can spread from person-to-person. Some people may be infectious to others without having symptoms. Anyone can have mild to severe symptoms. Older adults and people who have severe underlying medical conditions seem to be at higher risk for developing more serious complications from COVID-19 illness.

### **Symptoms:**

Symptoms may appear 2–14 days after exposure to the virus. People with these symptoms, if they are not related to a pre-existing health condition, may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle Pain
- Headache
- Nausea, vomiting, diarrhea
- Sore throat
- Loss of taste or smell

This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning you.

If you develop any of these warning signs for COVID-19, get emergency medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## **How to Protect Yourself and Others**

### **Know How the Virus Spreads—Mainly from Person to Person:**

- Spreads between people who are in close contact with each other (within about 6 feet).
- Spreads through respiratory droplets produced when an infected person talks, coughs or sneezes. Studies show that boisterous talking, yelling, laughing, singing, produce more respiratory droplets than normal talking.
- Droplets can linger in the air, and enter the mouths or noses of people who are nearby, or be inhaled into the lungs.



- Droplets can land on surfaces and transfer to your hands by touch.
- COVID-19 may be spread by people who are not showing any symptoms, as well as by those with symptoms. Wearing a face mask reduces the number of droplets in the air, and helps protect others around you.

## **Wash Your Hands:**

- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, after blowing your nose or coughing or sneezing, after you have visited the restroom and before entering dining areas.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all hand surfaces, then rub hands together until they dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.

## **Cover Your Mouth and Nose with a Face Cover When Around Others:**

- Everyone should wear a cloth face mask that covers their nose, mouth and chin when not in their personal area. The cover may be removed outdoors if you keep at least 6 feet of space between yourself and others.
- The cloth mask is meant to protect other people, in case you are infected but are not yet aware, or are infected and asymptomatic.
- Continue to keep at least 6 feet apart from others. Face masks are not a substitute for physical distancing.

## **Cover Coughs and Sneezes:**

- Always cover your mouth and nose with a tissue, or sneeze into the inside of your elbow. Do this even in your personal space.
- After you sneeze or cough, wash your hands with soap and water for at least 20 seconds, or if soap and water are not available, use hand sanitizer.

## **Avoid Close Contact—Physical Distancing:**

- Maintain physical distance from people outside your home—stay at least 6 feet apart.
- For now, we will need to share greetings and affection in other ways than shaking hands, hugging and kissing—elbow bumps? Virtual hugs? Hopping up and down in tree pose?
- Avoid crowded areas. If a room or hallway is already crowded, do not enter; come back later or choose a different route.
- Remember some people without symptoms may be able to spread the virus unknowingly.
- Avoid close contact with people who are sick.

## **Clean and Disinfect Surfaces:**

- Clean and disinfect frequently touched surfaces. If surfaces are dirty, clean them first with soap and water, and then disinfect using a household cleaner.





### **Self-monitor for Illness:**

- Take your temperature every day.
- Monitor yourself for these COVID-19 symptoms:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever
  - Chills
  - Muscle Pain
  - Headache
  - Nausea, vomiting, diarrhea
  - Sore throat
  - Loss of taste or smell

This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning you.

### **Guidance During Your Travel:**

- Avoid COVID-19 'hotspots' with outbreaks or rising cases  
<https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html>
- If you live in an area with an active COVID-19 outbreak or rising cases, use extra caution, and conduct essential travel only. Choose another time to visit the Himalayan Institute.
- Follow CDC guidance on international travel  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>  
Guests who have traveled internationally in the last 14 days, please stay home and quarantine, and choose another time to come to the Institute.
- Follow all the "Protect Yourself" guidance above while traveling.