

COVID INFORMATION AND INSTRUCTIONS EFFECTIVE OCTOBER 2023

BEFORE A COURSE

The following requirements apply specifically to the 7-day period prior to the beginning of the course.

Please be as sure as you can be that you and all your household members and close contacts:

1. **Have not tested positive** for Covid-19.
2. **Have been free of any Covid or Influenza-like symptoms**, including stomach flu (If you have allergies, sinusitis, or other health issues you must include these on your application. Be sure to also note any medications you may need for these conditions, and to bring these when you come to the Center).
3. **Have had no known exposures to anyone known to have Covid or Influenza.**
4. **Maintain a high level of precautions against contracting Covid or Influenza.** This applies to you and all your household members and close contacts, and specifically includes:
 - **Avoiding Higher Risk Situations** such as public transportation, crowded indoor and outdoor areas, and/or eating, drinking, exercising, working, driving, or socializing with others who are at higher risk for exposure to Covid and/or Influenza, and being reasonably certain that other household members are also maintaining the same degree of safe practices.
 - **Masking and Distancing** when higher risk situations are unavoidable. Even though masking is no longer required in most public venues, we strongly recommend using N95, KN95 or KN94 masks (preferably NIOSH approved) and wearing these so that they fit securely over your mouth and nose.

TRANSPORTATION/COMMUTE TO THE CENTER

1. **Private Vehicles:** Incoming course participants are encouraged to travel to the Center in a private vehicle by themselves, with other household members, or ridesharing with other accepted course participants. No masking is required in these circumstances although it is recommended for rideshare partners.
2. **Public Transportation:** If it is absolutely necessary to use public transportation to get to the Center (airplane, bus, train, shuttles, hired cars such as Uber or a taxi, etc.), participants must agree to wear a mask such as N95, KN95 or KN94 masks (preferably NIOSH approved) continuously throughout their trip, except as necessary to take food and drink. **Air Travel should be on domestic flights only.**
3. **Long Distance Travel:** Participants who are coming to the Center by airplane, bus, train, or driving long distances must confirm that they have made arrangements to get back home or to a safe place if they are unable to fly out or drive themselves due to illness or any other reason. **If you will be far from home, please send an email to registration@pakasa.dhamma.org with the name and contact information of someone who lives within driving distance of the Center and is willing and able to be contacted and to assist you should you need to leave early.**

ARRIVING AT THE CENTER

All participants must take a Rapid Antigen home test the morning of their arrival to the Center

- Please take a photo of the negative result or put the test result in a ziplock bag and be ready to present it at the registration table.
- Please cancel your course if you test positive for Covid or have any symptoms that could be Covid-19, Influenza, RSV or stomach flu.
- We will be unable to admit anyone who appears to be ill.

Please bring with you:

1. An ample supply of well-fitting masks that you should be prepared to wear at the Center as and when you are asked. (see Mask Requirements below).
2. At least three individual Covid Rapid Antigen home tests.
3. Emergency contact information for someone within driving distance of the Center who can assist you should you need help to leave due to illness or some other circumstance.

WHILE AT THE CENTER

Mask Requirements: You must be ready and willing to wear a mask at any time while at the Center, if and when you are asked to. All students will receive clear instructions on mask wearing when they arrive at the Center and throughout the course, as needed.

1. Mask requirements may be in effect for all or some of a course depending on what we determine is in the best health interests of everyone present.
2. Mask requirements may apply to all students, or only to some individual students for whom extra precautions are necessary.
3. Any participant can choose to wear a mask even if masking is not required.

If you have any reservations about following Dhamma Pakasa masking requirements, please cancel your enrollment in this course and reapply at a time when masks are no longer required.

*** If you have any questions, please contact registration@pakasa.dhamma.org.***