



# Anuttara Ashram

## COVID-19 Protocol 2022

With gratitude, we are accepting guests and volunteers at this time. Given the dynamic and uncertain nature of this situation, we will be watching closely for any changes and will be continuously reassessing the situation.

We live within the Nisga'a Nation and wish to respect the closure and restrictions they have placed around their community, as well as BC government regulations.

We have encouraged our employees and residential community members to get vaccinated against COVID-19 and have implemented all safety measures required.

We are acutely aware that these provincial health orders have been divisive. We are living in unprecedented and difficult times from the smallest scale to the largest. Division grieves us; may we find each other in light and oneness despite our worldly experiences of separateness.

Outlined below is our community protocol for managing COVID at Anuttara Ashram.

### COVID Spread Prevention at Anuttara Ashram:

- Each day, high volume areas are cleaned with disinfectant. These areas include: door handles, showers/bathtub, dishes/kitchen supplies, compost toilets, yoga mats/props, communal furniture, etc.
- If a community member begins to show symptoms or tests positive for COVID, they will have a separate shower space (with scheduled use times) and compost toilet to use. They will quarantine for 5 days minimum or until symptoms subside.
- These shower space will be disinfected & sanitized for others to use outside of specified quarantine times.
- Meals will be brought to and taken from their designated quarantine space.
- Quarantine dishes are to be sprayed with bleach and washed separately from regular dish bins. Bleach will be used to sanitize in the final dish bin (DO NOT ADD VINEGAR! Mixing vinegar and bleach creates and releases a toxic gas)
- If a community member has COVID, all community members will wear masks when within 6ft of one another, as well as follow hand washing/sanitizing guidelines (i.e. before meals or touching shared items.)

## Arrival Protocol

All new arrivals will be asked to self-administer a COVID-19 Rapid Antigen test upon first contact with Anuttara Ashram. Either upon their arrival at the ashram if they drive themselves, or when the shuttle picks them up in Terrace.

## COVID Protocol During Your Stay

- \*WE ARE OFF-GRID AND NOT EQUIPPED TO CARE FOR SOMEONE SERIOUSLY ILL\*
- If you're a short-term guest (14 days or less) show symptoms and test positive, you will be asked to end your stay early. If you are a long-term guest, show symptoms and test positive, you will be asked to quarantine OR leave.
- If a guest tests positive, they will be asked to quarantine in Terrace. There are many hotels and airbnbs available.
- If someone on site tests positive, wearing a mask inside communal spaces will be mandatory for the whole community.

### \*A NOTE ABOUT BEING SICK OFF-GRID

- We have compost toilets that are often a distance from you, and one pee-safe compost toilet by our yoga hall
- We only have outdoor showers for use should you come down with COVID
- You will be asked to isolate from communal spaces and socializing with other community members within 6ft.
- You will be at least a 40 minute drive from any medical care
- There is no wifi in non-communal spaces, wifi can be accessed outside the dining hall.
- We will not be able make dietary accommodations