

Proposed Guidelines for Reopening for Regular Daily Practice (Not Retreats):

1.	<p>Wait for King County to achieve approval to open at phase 2 (as defined by the State of Washington). In phase 2, religious institutions are allowed 25% capacity attendance, or an in-home service of up to 5 people. As per, https://www.governor.wa.gov/news-media/inslee-announces-religious-and-faith-based-services-guidance</p> <p>To begin, would allow 5 people to attend.</p>
2.	<p>Maintain social distancing: Mats will be placed further from the center of the room, and spaced to allow at least 6 feet between individuals.</p>
3.	<p>Establish sign-up lists so that if someone can't attend one session in person, they will have a spot at the next session.</p>
4.	<p>Limit group activities to the top floor, to restrict contact with the residents.</p> <ul style="list-style-type: none"> • Use the 2nd floor "south" entrance, which would eliminate any non-resident entering on the first floor. • No robes. • Participants use the upstairs bathroom only. • Use the upstairs bedroom for interviews, if they are being conducted. • Participants would place their belongings next to their mats, so would need to limit what they bring.
5.	<p>Participants would be required to wear masks and use hand sanitizer before entering the center.</p>
6.	<p>Either no walking session (i.e., a single meditation session, as with zoom practices) or wear masks and maintain 6 feet of distance during walking.</p>
7.	<p>Eliminate chanting altogether. Advise masks to be worn during meditation (i.e., facing the wall).</p>
8.	<p>Clean the meeting areas prior to and after the session with isopropyl alcohol based cleanser.</p>
9.	<p>Track who participates each session to assist with contact tracing if someone happens to test positive after leaving the center. Notify participants on web sign-up about contact tracing.</p>
10.	<p>On the web sign-up, publish COVID-19 symptoms, and ask participants not to come in if they display any of them. List of symptoms posted at cdc.gov on 6/14/2020 are as follows: Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:</p> <ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue

	<ul style="list-style-type: none"> • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea
11.	<p>Participants who are in high-risk groups are asked not to come, in order to limit their risk. Attendees are assuming risk if they attend. Current list of high-risk groups are as follows (as reported on the cdc.org website as of 6/14/2020):</p> <ul style="list-style-type: none"> • People aged 65 years and older • People who live in a nursing home or long-term care facility <p>People of all ages with underlying medical conditions, particularly if not well controlled, including:</p> <ul style="list-style-type: none"> • People with chronic lung disease or moderate to severe asthma • People who have serious heart conditions • People who are immunocompromised <ul style="list-style-type: none"> o Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications • People with severe obesity (body mass index [BMI] of 40 or higher) • People with diabetes • People with chronic kidney disease undergoing dialysis • People with liver disease
12.	Create a new liability waiver, for participants to sign, specifically to cover liability for attending during COVID-19. Ideally a web-based form to e-sign during web sign-up.
13.	Even with a group meeting at the center, we could "bring in" the remote community, using a video camera to broadcast the Head Dharma Teacher, altar, and moktok master.
14.	If attendees have been travelling by air, require quarantine for 2 weeks prior to attending in-person sessions or according to latest CDC guidelines.

Cleaning and Disinfecting the Blue Heron Zen Center Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

- Wear disposable gloves to clean and disinfect.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Recommend use of [EPA-registered household disinfectant](#). Follow the instructions on the label to ensure safe and effective use of the product. Many products recommend:
 - Keeping surface wet for a period of time (see product label)
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- **Diluted household bleach solutions may also be used** if appropriate for the surface.
 - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection.
 - Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute.

To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
 - OR
 - 4 teaspoons bleach per quart of water
- Bleach solutions will be effective for disinfection up to 24 hours
- **Alcohol solutions with at least 70% alcohol may also be used.**
- [Complete Disinfection Guidance](#)

Soft Surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectantsexternal icon](#) meet EPA's criteria for use against COVID-19.

Electronics

For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a **wipeable cover** on electronics
- Follow **manufacturer's instruction** for cleaning and disinfecting
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Laundry

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

Clean Hands Often

- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

When Someone is Sick

Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
 - Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information.

Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.

Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.