

DZIMC COVID and Wellness Policy, 4/18/24

This policy provides guidance on infectious disease prevention measures for in-person attendance at DZIMC sitting groups, meetings, social events and retreats. Because our practice is based on loving-kindness (caring for ourselves and all beings) and ethical behavior, the goal of this policy is to provide a safe and comfortable environment for attendees at our events.

1. DZIMC will comply with the latest guidelines from the CDC and the State of Nevada. If there is a conflict between the CDC and Nevada requirements, DZIMC will follow the more restrictive requirements.
2. If you have had symptoms of an infectious illness such as cough, sore throat, runny nose, fever, vomiting, or diarrhea in the 24 hours prior to an in-person event, please do not attend.
3. All attendees at DZIMC in-person meetings and retreats are strongly encouraged to be fully vaccinated and boosted. However, DZIMC does not require participants to be vaccinated.
4. Masks are optional at this time. We encourage mask wearing for people who are in an increased risk category. Also, please consider wearing a mask if you have NO symptoms but have had a potential exposure to a viral respiratory illness (e.g., recent air travel or raucous concert attendance).
5. Individual sitting groups may adopt a more restrictive policy (such as requiring masks and distancing) if they so choose.
6. For in-person residential retreats at Camp Galilee the following additional requirements apply:
 - a. Upon arrival you will be asked to attest that you have not been exposed to COVID in the prior 10 days. If you have been exposed to COVID in the prior 10 days, but have tested negative after 5 days, you may attend provided you wear an N95 or KN95 mask for 10 days after last known day of exposure
 - b. Upon arrival you will be asked to attest that you have not had symptoms of an infectious illness such as cough, sore throat, runny nose, fever, vomiting, or diarrhea in the 24 hours prior to arrival.
 - c. If you develop any of the above symptoms during the retreat, you will kindly take the opportunity to practice wise discernment and ethical behavior. Do the symptoms represent the onset of a viral respiratory infection? Or are they a reaction to Nevada's dry air, pollen, smoke and/or noxious fumes? Do the symptoms represent stomach/intestinal infection? Or are they a response to a change in diet? Consider a mask, throat lozenge, or antihistamine (for allergies). Contain your cough and sneezes with a tissue, cloth or in the crook of your arm. And always wash your hands frequently. Masks are available at all events if you are unsure, especially at the onset of symptoms. Consider distancing from others. And please do not forget, you can return home. Avoid Harming and Do Good.
 - d. You must take an antigen (rapid) covid test upon arrival at Camp Galilee. Alternatively, you may take an antigen (rapid) covid test within the 12 hours prior to arrival and provide a picture of the negative test.
 - e. There will be rapid tests available at check-in if they are needed.

- f. The exact requirements may be adjusted by DZIMC leadership, the retreat manager, Camp Galilee and/or the Teacher prior to any retreat. Please refer to your retreat communication for any requirements that may be specific to your retreat..

Adopted by DZIMC Board Resolution on May 31, 2024