

Covid-19 Recommendations for Dharma Center Events

[version July 15, 2024]

Recognizing that viral pandemics are unpredictable and dynamic, the TNI Board provides these recommendations for using the Dharma Center based on the status in summer 2024. Nalanda will attempt to respond with sensitivity and compassion to changes in the situation with Covid, bird flu, or other pathogens.

Nalanda Institute recommends that you practice altruism toward all beings by acting to reduce suffering related to Covid-19, flu, and other infectious diseases. ***Our basic wish is that users of the Dharma Center take precautions to protect themselves and others, not only from infectious diseases but from anxiety, fear, and other unwholesome emotions that can accompany perceived threats to one's well-being.*** Doing so is kind, compassionate, and wise.

For gatherings within the Dharma Center, Nalanda encourages these behaviors.

1. Be fully vaccinated, and stay up to date with boosters, according to public health protocols.
2. Stay home if you have suspected or confirmed Covid-19 or similar transmissible illness. Also stay home* if you have recently been in a setting where Covid-19 exposure is more likely (such as in crowded places, travel through airports, etc. while not wearing a high-quality mask or respirator).
3. Turn on both air purifiers during meetings in the Dharma Center. Open windows if weather conditions allow and the heat is turned off.
4. Maintain social distancing. Check with others before sitting within 6 feet of them.
5. Mask use is not currently required, but feel free to wear your own (such as N-95 or KN-95) or use a mask provided by Nalanda.
6. Practice good hand & face hygiene (hand washing, sanitizer use, no face touching).
7. Be aware that chanting or singing may increase risk of spreading respiratory viruses in enclosed spaces.

* for Covid-19: at least 5 days [until you have tested negative at least 5 days after your last exposure]

Check public health resources for updated recommendations. Refer to current Washington State or Federal recommendations. A very good resource is the CDC's "How to protect Yourself and Others" <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> (updated occasionally, last in April 2024). Also refer to Washington State information such as <https://doh.wa.gov/emergencies/covid-19/frequently-asked-questions>.