

Well Being Foundation's Policies

with regard to

COVID-19 Precautions

Updated June 7, 2020

As COVID-19 cases and deaths continue to grow in the U.S. and throughout the world, Well Being Foundation has elected to adopt the following Policies and Procedures to minimize the risk of contracting coronavirus while at Well Being Retreat Center.

What Is Known or Understood at this Time

Symptoms: COVID-19 can exhibit different symptoms in different people, but may include respiratory symptoms, cough (especially a dry cough), shortness of breath and breathing difficulties, fever, sudden loss of the sense of smell or taste, and tingling or numbness of extremities.

Variability: People may also be contagious with no symptoms. It is believed but not known for sure if recovery from COVID-19 protects you from getting it again. It is also not known how long it will be after the cessation of symptoms before a person is no longer contagious. This virus affects different people differently. Younger people are much less likely to require hospitalization and are far less likely to die from this disease. People with underlying health issues like heart disease or diabetes are much more likely to die from a COVID infection than people who are healthier to begin with. (Of course, the magnitude of the viral dose matters and even healthy young people can die from the coronavirus.)

Most common Route of Transmission: COVID-19 appears to be an upper respiratory infection. At least initially. Transmission requires a human host. Therefore, the source is exhalation of the breath (especially loud talking, singing, or sighing), sneezing or coughing. All of these movements of air out of the lungs and throat and mouth carry moisture or even droplets that can carry the virus. With time, these droplets settle to the ground or are dissipated by air movement in outdoor spaces. Larger droplets (say from sneezing) are likely to carry a much higher viral load than normal breathing.

Time of Exposure Matters: Where these virus-carrying droplets tend to linger is in indoor spaces with recirculated air. This relates to duration of exposure, In other words, being in a room with an infected person for four hours is much more likely

to result in viral transmission than being in the same room for four minutes with that same person. Many have died in nursing homes and prisons where there was no escape.

Proximity matters, In other words, the closer you are to an infected person the higher the viral concentration in the air around that person is likely to be. The common six-foot social distance is only an approximate guideline. The safety of that six-foot guideline depends on other factors such as whether the other person is indoors, facing you and coughing. Many have become infected at restaurants and family dinner parties.

Surfaces: Surfaces become a source of infection when exhalation droplets from an infected person land or when they are transferred to such surfaces within a relatively short time after leaving the body. In other words, if an infected person coughs or sneezes into their hand and then touches the doorknob, the doorknob is likely to house viruses for a while. How long is not known, but it is known that the virus deteriorates over time. In other words, it will be much more infectious one hour after such contamination than it will be one day later, and even less so three days later. Surfaces can be disinfected by hand-wiping with a disinfectant chemical such as a Chlorox solution.

Hands: If a person's hand comes in contact with an infected surface or by shaking the hand of an infected person who might have coughed in his or her hand, the virus can be conveyed. Even with the virus on your hand, it is unlikely that you would become infected unless you put that hand to your mouth or nose or eyes before you disinfect your hands. So, the general rule is to keep your hands away from your face. If you have to cough or sneeze, use a disposable tissue or, if necessary, cough or sneeze into your elbow if you are wearing a long sleeved shirt. Dispose of the tissue immediately and wash your hands with soap. (Soapy water with friction – hand rubbing – disables the virus about as well as any chemical.

Transmission by Food: There are several issues here: one is the food itself, then there is who processed and packaged it, and then there is who may have handled the package before you bought it at the supermarket. In a restaurant, there is the added concern about who prepared the meal in the local kitchen. Cooking kills the virus so hot cooked meals are probably safe if the chef is healthy and, preferably, protected with mask and gloves. Store-bought foods with hard surfaces like bananas, apples and watermelons can be sprayed with a Chlorox solution or left for

several days before touching and eating. The virus can survive for a long time in a freezer, so any packages should be handled as if contaminated.

Immunity: While a person's body may never have encountered this particular virus before, we have a natural immune system that responds to foreign invaders. If the immune system is well-functioning and the viral load is relatively low, the body has a chance to learn how to combat the virus before it gets out of hand. However, if the immune system is weak and the viral load ingested is high, then we are likely to get ill, perhaps very ill. We tend to take our immune system for granted, but it fights bacteria and viruses and cancer cells every day. We weaken it by eating non-organic (pesticide laden) foods, having silver (mercury) fillings in our teeth, eating oxidized vegetable oils, using with aluminum or most non-stick cookware, smoking of course, ingesting lots of sugar, and drinking from plastic bottles. If we are eating nutritious food and generally avoiding toxins, we can support our immune system during this time of greater than normal health challenges by maintaining optimal levels of the following nutrients by food or supplementation: vitamin C & D, garlic extract, EPA/DHA oils, zinc, selenium, and magnesium. If you find yourself a little under the weather, adding oregano oil extract, lysine, quercetin, and more vitamin C may be helpful.

General Recommendation for the Public

From the [World Health Organization \(WHO\)](#) website: "Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. WHO stressed that face masks were only one of a range of tools that can reduce the risk of viral transmission, and should not give a false sense of protection. "We are advising governments to encourage that the general public wear a mask. And we specify a fabric mask - that is, a non-medical mask. We have evidence now..."

The [CDC recommends](#) washing hands with soap and water before eating, after eating, after using the bathroom, and after blowing your nose, coughing or sneezing.

The most effective way to clean hands is to wet them with clean water, then apply soap and scrub for at least 20 seconds, before rinsing and drying with a clean disposable paper towel or use an alcohol-based hand sanitizer.

The CDC also recommends that people “avoid touching their eyes, nose and mouth; cover their coughs and sneezes; disinfect surfaces regularly; stay home when they are sick and avoid others who are sick.”

Other Prudent Precautions

[Dr. Deepak Chopra, M.D. recommends](#) prudent things you can do to improve your immunity that includes getting 7-8 hours of sleep each night, reducing stress through lifestyle choices and meditation, eating nutritious food, spending time in Nature, doing breath work, including immune supportive foods in your diet (ginger, turmeric, adaptogens, etc.), taking supplements that you believe to be of value, and, of course, avoiding contact with infected persons.

If Symptoms Are Present

If symptoms are present or if you have been in a location where contact with an infected person is likely (larger gatherings, airlines, etc), or have cared for an untested person with Corona-type symptoms in recent weeks, it is recommended that you take the following steps:

1. Isolate yourself from others. Use a face mask or ask others who may be attending to you to wear face mask.
2. Get tested for COVID-19 virus immediately. Let your doctor know before arriving that you suspect that you might be infected so that you avoid infecting others in the doctor's office or hospital.
3. Follow medical advice to reduce the chances of complications and to avoid contaminating others.

Well Being Retreat Center Policies

1. **Exposure Prior to Retreat:** If you are scheduled to come on retreat at WBRC as a participant and (a) you have tested positive for Corona virus or (b) you have the symptoms of Corona virus but have not yet been tested, do yourself

and others the favor of your absence. Let us know and WBRC will refund whatever payment we have received from you in full immediately. (This policy supersedes whatever non-refundable provisions you may have previously agreed to.) If you find yourself getting sick with flu-like symptoms while on retreat, please let Patty know. We can prorate your accommodation costs if you need to leave the retreat, or perhaps we can move to you a room by yourself and deliver meals to your cabin until you can ride home.

2. Personal Practices During Retreat:

- If you have to cough or sneeze, do so into a single use tissue, or, if necessary, into the crook of your arm (if you are wearing a long sleeve shirt).
- If you find yourself coughing during a session, please leave the session immediately.
- Wash your hands with soap for at least 20 seconds before you eat, after you eat, and after you use the bathroom.
- In your room, use the disinfectant spray (in the squeeze bottle) on table, countertop, sink upon arriving, upon leaving and periodically during your stay.
- Avoid touching your own mouth, eyes and nose.
- Use Namaste or hands-over-your heart gesture to greet instead of shaking hands or hugging.
- Mark your own glass and mug and only drink out of your own.
- Do not share food on your plate with others.
- Keep your mouth and throat moist by sipping water throughout the day.
- Allow the kitchen staff to serve you food rather than have each person touching the same serving utensils.
- Use a disposable single-use tissue when outside of your cabin to open doors, use drink dispensers, turn switches on and off, flush toilets, etc.
- Remain at least six feet from others. Avoid long face to face conversations. Do not meet with others indoors.
- Wear a mask when in closer contact with others.

3. Meeting Facility Policies:

- Until further notice, all group sessions will be outdoors or in the open-air Powell River Pavilion next to the office. The Conference Building will not be used.
- All meals will be served in the Powell River Pavilion.
- The men's and women's restrooms at the office next to the Powell River Pavilion will be available at all times during the retreat.

4. Kitchen Staff Policies

- Wash hands upon entering the kitchen, after using the bathroom, after handling garbage containers, and after you have handled any meat or any store-bought packaging (until it has been sanitized).
- Sanitize store-bought foods prior to putting them into the refrigerators or pantry.
- Wear latex gloves and a face mask while you are in the kitchen or handling food
- Use disinfectant spray on all kitchen counters after each meal.
- Soak all dishes in the soak sink at least 30 seconds with a dropperful of Clorox in the tub.
- Be responsible for serving food to retreat participants so that participants don't have to successively hand the serving utensils.
- When picking up eating and serving utensils, grab only the handles – not the working end.
- Do not work in the kitchen at all if you have a cold or any flu-like symptoms.
- Retreat participants will not be asked to do Yogi Chores in the kitchen until further notice.

5. Cabin Policies:

- **Ozone Disinfection:** Immediately after each occupancy, WBF will sanitized Cabins using an ozone generator to maintain an ozone concentration of between 2.5 and 5 parts per million (ppm) of ozone for a minimum of 4 hours. This concentration for this duration has been determined by the US Army (see Technical Bulletin TIP # 98-105-0420) to disinfect buildings even if they were previously occupied by COVID positive patients. After the four hours of ozone treatment, the ozone generator will be turned off and the cabin will remain closed for at least eight hours while

the ozone dissipates naturally to safe levels. (The cabin needs to be vacant during treatment).

- **Additional Surface Cleaning:** After the ozone treatment, all counters, sinks, door handles, light switches, tabletops, and faucets will be additional hand-cleaned with a disinfecting chlorine solution.
- **Linens:** All linens and towels will be washed and dried in a dryer with sufficient heat to kill viruses.
- Between occupancies, cabins will be cleaned by a person wearing a mask and gloves.