

**Well Being Foundation's
Policies and Suggestions**
with regard to
COVID-19 (Corona) Virus
Updated March 8, 2020

As the reported infections of Corona Virus continues to spread in the U.S. and since the consequence of infection can be serious including a mortality rate of perhaps 2 – 5%, Well Being Foundation has elected to take the precautionary step of adopting the following Policies and Suggestions.

What Is Known or Understood at this Time

Corona has now spread to the US where several hundred cases have been reported and 15 people have died. (For reference, the Center for Disease Control (CDC) estimates that at least 12,000 people die from the flu every year in the US. Therefore, while precautions are prudent, panic is premature.

Symptoms of COVID-19 can include respiratory symptoms, cough, shortness of breath and breathing difficulties) and fever. In severe cases, pneumonia can develop.

It appears that transmission is primarily by conveyance of the virus to your mouth, nose or eyes, either directly (being in the presence of a person who is coughing or sneezing) or indirectly (by touching something that has been infected by another person and then touching your own mouth, nose, or eyes).

There are currently no drugs or vaccines to counter the virus and development of a vaccine is estimated to be 1 – 2 years away.

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.”

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

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. The general public does not need to wear face masks.”

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 **and** you have been in a location where contact with an infected person is likely (foreign travel to Italy, for example), or you have spent extended time in a confined space in close contact with others (airline travel, for example), 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. Wipe down anything you touch with alcohol. Sneeze or cough into a single use tissue (not your hand). Wash your hands often.
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. 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.)
2. 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.
3. When on retreat, please:
 - If you have to cough or sneeze, do so outside, into a single use tissue, or 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 room.
 - Washing your hands with soap for at least 20 seconds after you eat, after you use the bathroom, and as you enter the kitchen.
 - 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 hugs or Namaste gesture instead of shaking hands.
 - Mark your own glass and mug and only drink out of your own.
 - Do not share food on your plate with others
 - Use utensils to serve yourself food, not your fingers
4. Kitchen Staff
 - Wash hands upon entering the kitchen, after using the bathroom, after handling garbage containers, and after you have handled any meat.
 - Wear latex gloves while you are preparing any raw foods (salads, etc.).
 - Use disinfectant spray on all kitchen counters and on all dining room tables after each meal.

- Soak all dishes in the soak sink at least 30 seconds with a dropperful of Clorox in the tub.
- 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 symptoms.