Temenos Statement Regarding the COVID-19/Coronavirus Pandemic

Dear Temenosians,

Temenos Resident Directors and governing Council have been in close communication regarding our response to the COVID-19/Coronavirus pandemic and developing policies and practices to address the needs of this moment. We understand that this is a trying time, and that our guests, supporters and other members of our community may want some insight into how we currently plan to proceed in this quickly evolving dynamic situation. These plans and policies are subject to responding to changes in government directives and available science. Our hope is to play our role in helping to mitigate the spread of COVID-19/Coronavirus and to help “flatten the curve” of transmission.

Mitigation Measures at Temenos

• Resident Directors are wiping down surfaces in cabins with antimicrobial wipes between visits.
• Hand soap is in the cabins. Guests are invited to bring their own biodegradable soap and paper towels.
• The hand water pump has hand sanitizer. If we run out and can’t find further supply, we will find and provide other hygienic options like gloves.
• Cabins will have basic information regarding currently recommended hygienic practices.
• Guests are invited to bring their own blankets and other bedding in addition to sheets if they wish.
• A few reminder signs such as "Please use hand sanitizer prior to using pump" are being made and posted.
• Encouraging social distancing and avoiding physical contact.
• Asking all staff and guests to stay home if sick, at high risk, or with recent possible exposure. Guests are asked to notify us if they experience
symptoms or subsequently test positive, so that we can quarantine that cabin temporarily and notify other guests.

What you can do

• stay home if you are showing any signs of sickness, are at higher risk, are coming from or have recently been in or had close contact with anyone in any area experiencing widespread or ongoing community spread
• be diligent about practicing good hygiene, including washing hands often, avoiding touching your face, covering nose and mouth when coughing or sneezing, and minimizing contact
• educate yourself about best practices for protecting yourself and for minimizing spread of the virus (see resources below)
• maintain good practices for your own health, including plenty of rest, nutritious food, plenty of liquids, regular exercise, engagement in spiritual practices and stress management

Resources

Washington Post: Why outbreaks like coronavirus spread exponentially and how to “flatten the curve”
https://www.washingtonpost.com/graphics/2020/world/corona-simulator/

Hand Washing Using the WHO Technique
https://www.youtube.com/watch?v=IisgnbMfKvI

CDC

WHO
AVOID CROWDS

WHEN:
- If you feel sick
- If you feel healthy
- Until the epidemic is over in your area

HOW:
- "CROWDS" means any big group of people
- "Big" means you can't keep 6 feet (2m) apart
- Avoid shaking hands
- Important even if you are healthy!

STAY HOME IF YOU'RE SICK

WHEN:
- Fever
- Cough
- Shortness of breath
- Stay at home, even after symptoms are gone until a doctor says it's OK
- Call doctor first before seeking care
- Avoid public areas, school, or work
- Don't use public transport, taxis, or ride sharing services
- Wear a mask if you have to go out

CLEAN FREQUENTLY USED SURFACES

WHEN:
- Once a day
- After heavy use
- When used by someone sick

HOW:
- Soap and water will work
- Cleaning alcohol, if at least 70%
- Household bleach diluted 4 teaspoons (20mL) per quart (950mL)

COVER COUGHS AND SNEEZES

WHEN:
- If you're sick
- If you have allergies
- If you cooked with too much pepper

HOW:
- Put used tissues in the trash
- Wash your hands right away

CLEAN YOUR HANDS OFTEN

WHEN:
- Entering a building
- Getting home
- Using the bathroom
- Being in a crowd
- Sneezing or coughing
- Taking the bus, train, ride share, or subway
- Before eating or making food

HOW:
- Soap and water is best
- Hand sanitizer is OK
- Both sides of your hands
- Under your nails
- Between your fingers
- Don't forget thumbs
- Dry completely
Please feel free to reach out if you have other questions or concerns. You can reach Colin or Viva by phone at 413-367-9779, or via email at 65mountmineral@gmail.com.

We will continue to update you with any changes to Temenos operations as they occur.

May we retain a sense of calm, love, and connectedness in the midst of crisis as we act in solidarity. We continue to hold a space on the mountain for you all.

With love and gratitude,

Colin Gasko and Viva Butler, Resident Directors