

Dharma Heart Zen  
Covid Protocols  
updated January 26, 2024

- Masking is optional and encouraged for attendees who require or desire an extra measure of safety.
- Research shows that N95/KN95 masks are most effective.
- Vaccination against COVID-19 is highly recommended but not required for attendance at Dharma Heart Zen weekly sittings and other offerings.
- To protect your own health and those around you please consider remaining up-to-date with basic vaccinations and periodic boosters. You are up to date with your COVID-19 vaccines if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC.
- If you experience a new onset of fever, cough, sore throat, runny nose, loss of smell or taste, sneezing, sinus congestion; test positive for Covid; or have had exposure to someone with a known diagnosis of Covid or flu within 5 days of the gathering, please do not attend in person.
- We appreciate this helpful guide from the CDC regarding Covid precautions: [https://www.cdc.gov/coronavirus/2019-ncov/downloads/needs-extra-precautions/fs\\_covid\\_plan\\_final.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/needs-extra-precautions/fs_covid_plan_final.pdf)

Thank you