

Retreat Covid Protocols Fall 2023

- In-person participants should be vaccinated and boosted for Covid. Please get vaccinated for seasonal flu.
- **Please take an at-home Covid test the morning of the sitting** to be sure you are Covid negative.
- Masking is optional and encouraged for attendees who require or desire an extra measure of safety.
- 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.

Thank you