

April 29, 2020

Crestone Mountain Zen Center is acutely aware of the ongoing concerns regarding the Coronavirus Disease 2019 ([COVID-19](#)). Many of our residents and guests are at high risk of serious illness. We are monitoring the progress of the disease closely, and we will continue to update our policy.

To date, only three cases of COVID-19 have been reported in Saguache County, with no new cases in the month of April. We will continue to monitor for new cases in Colorado using the [John's Hopkins Coronavirus Dashboard](#). Please refer to this website for the latest information on the spread of the disease.

We want to assure you that we are concentrating efforts in our public spaces to mitigate the spread of germs and ask that you partner with us in this effort.

What is Crestone Mountain Zen Center doing?

At this time, we are taking the actions listed below; this plan will be updated as needed, based upon the evolving situation.

1. We are increasing education about the virus and healthy habits to residents and with visitors to our public spaces.
2. We will monitor the body temperature of all residents periodically, and check our guests temperature on arrival using a temporal forehead scan thermometer.
3. We have discontinued our policy of using small cloth towels in all our bathrooms in favor of disposable paper towels.
4. We are increasing the frequency of cleaning and sanitizing of offices, common areas and public areas according to the [CDC Recommendations](#) to help prevent the spread of all germs.
5. Our current standard UV drinking water treatment in the Main House assures a complete disinfection process, with no threat of drinking water becoming a source of the virus.
6. Until further notice, CMZC will waive withdrawal, change or cancellation fees due to illness or prevention efforts.
7. In the event our facilities are closed and events get canceled, we will work to reschedule if possible or provide credits and refunds to impacted participants.

What can you do to help?

We urge all community members to protect themselves with strong hygienic practices.

If you have any symptoms of a respiratory disease, please stay at home and do not visit CMZC or any other gatherings.

While the spread of COVID-19 around the world is of concern to all of us, it is important to remember we are also at the height of flu season. There are simple, everyday preventative actions to help prevent the spread of respiratory viruses, including:

- Stay home if you have symptoms.
- No handshaking! Fortunately, as Zen Buddhists, we can easily switch to bowing to each other. Alternatively, we can bump elbows.
- Clean your hands frequently for 10-20 seconds with soap and water or alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Practice respiratory etiquette and cover your nose and mouth when coughing and sneezing.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Get an annual flu vaccine if you have not had one.