

# How to deal with contamination risk Covid-19 in Metta Vihara

The board of Metta Vihara has drawn up some guidelines for the specific situation in the retreat center. The starting point is the guidelines of the Dutch and Flemish governments that we follow closely. All changes are immediately applied to our specific guidelines.

## General guidelines

Each guest has their **own room**, except for people who live together. They can share a room.

1. Each room has a shower and toilet. We ask people to only use their own toilet (and not the toilets down the hall).
2. We ask everyone to wash their hands when you leave your room.
3. We have 2 stairs in Metta Vihara. One staircase is only used to go up and the other staircase to go down. This is to keep as much distance as possible.
4. If you meet at a door, the person going out has priority.
5. Disinfect your hands when you enter the building. There are items for this at the entrance.
6. Clean the door knobs and the light knobs regularly. Disinfectant and disposable wipes are provided for this.
7. If you notice that you have complaints, report this immediately. In most cases, we will then ask you to leave the building.

## The shrineroom

The space is approximately 6m x 10m. We lay down mats in advance with a **spacing of 1.5 meters**. The gap may be smaller for partners or other cohabitants.

**Please note:** singing or reciting together in groups is not recommended (guideline RIVM pending further investigation).

## The use of meals

**Depending on the number of participants**, there are different options for serving and consuming the meals.

### Serving meals:

- The food is placed on a long table. We ask you to appoint **1 person** to serve the food, so that only 1 person touches the serving spoons. That person has washed his or her hands beforehand.
- If you want to serve a second time, clean the handles of the serving spoons when you have served. Wipes and detergent are available for this.
- For the bread meal, **the toppings are placed in small containers**. Everyone can then take a container. To avoid waste, you can put your name on the container so that it can be used several times.
- If a salad or soup is served at lunch, it should be served by **1 person**, just like with the main meal.

### **Note from Akasuri 24<sup>th</sup> June: Metta Vihara has changed these proceedings as follows:**

- Everybody serves themselves with their own cutlery and if they want a second helping they use clean cutlery.
- Also in our dining room area we've made it clear that we walk in one direction, keeping the tables to our right (as if we are circumambulating the Buddha!)

Seats:

In the dining room, seats are indicated with a **distance of 1.5 meters**. Please keep this distance. Due to this measure, seating in the dining room is limited. You can choose to eat in **two sessions in succession** or to split the group between the **different areas** of the retreat center (in your own room, outside on the covered terrace or in the garden).

*Use of the kitchen*

Keeping sufficient distance in the kitchen requires a lot of awareness and creativity. A maximum of 2 people can be in the kitchen at the same time and only **1 person can operate the oven and stove**.

The **washing-up area** in the kitchen only offers space for **1 person**. You can take turns.

There is also an opportunity to ask the residents of Metta Vihara to help with cooking.

*Do you get a headache reading the practical measures related to cooking and washing dishes?  
Do not hesitate to contact us. We would be very sorry if you should cancel for this reason.*

*We are here to look for possibilities to organize this together with you.*

