



## COVID-19 Procedures and Guidelines

*During this unprecedented time, we have created special protocols  
for the health and safety of our guests and staff.*

*Please review this document and ask us any questions that you might have.*

### To maintain a healthy and safe environment for guests and staff VMESC will:

- ✚ Ensure that guest room assignments are rotated to maximize time between use.
- ✚ Thoroughly clean and sanitize guest rooms between stays.
- ✚ Place hand sanitizing stations throughout the buildings.
- ✚ Take temperatures of guests and staff daily.
- ✚ Require guests and staff to wear a mask.
- ✚ Offer options for meals that comply with health guidelines.
- ✚ Clean common areas daily and provide cleaning supplies for personal use.
- ✚ Limit elevator capacity to no more than two people at any time and provide disinfecting wipes outside elevator doors on each floor.
- ✚ Ask all guests to sign a waiver and fill out an information form for contact tracing.

### To protect you and others during your time at VMESC please:

- ✚ Wear a mask, except when you are in your room, eating meals or outside on the Villa grounds when physical distancing is possible. If you do not have a mask, VMESC will provide one for your stay.
- ✚ Practice appropriate physical distancing within the building, on the grounds and during mealtimes in common areas.
- ✚ Sanitize and wash your hands frequently. To be mindful of maintaining our supplies, if you are able to bring a personal hand sanitizer, we greatly appreciate it.
- ✚ Let us know if any areas need additional cleaning, supplies or attention by calling VMESC staff at 724-498-5185.
- ✚ Use the bathroom in your assigned room instead of common restrooms when it is possible. If you use a common restroom, please lower the toilet lid before flushing.
- ✚ Take your temperature daily. Arrangements for a daily temperature check will be made with overnight retreatants upon arrival. Hosted groups should designate a point person and take temperatures on a daily basis for the duration of the group's stay. For the health and safety of all, anyone with a temperature of 100 degrees or above will not be permitted to stay at VMESC.
- ✚ Immediately call VMESC staff at 724-498-5185 if you exhibit symptoms of COVID-19 during your stay. (Symptoms can include fever over 100 degrees, cough, shortness of breath, body aches/fatigue, chills, muscle pain, and new loss of taste or smell.)
- ✚ Let us know if you test positive for COVID-19 within the 14 days after your stay so that we can inform guests and staff who may have come into contact with you during your visit.



Please refrain from visiting VMESC if:

- ✚ You feel unwell or exhibit symptoms of COVID-19.
- ✚ You have been exposed to or lived with someone who has had COVID-19 during the 14 days prior to your stay.

**PA Travel Restrictions** (Effective indefinitely from 11/25/2020)

- ✚ The current PA travel restrictions require that visitors traveling to PA for overnight visits from any state either
  - Have a negative test for COVID-19 within 72 hours prior to entering the state **-or-**
  - Quarantine for 10 days upon arrival to PA

Since quarantining is not possible in the context of your retreat, we ask that if you are traveling from another state for an overnight stay, you have a negative COVID-19 test within 72 hours of your arrival at VMESC.

Find out more about the PA state mandated travel restrictions [here](#) or scan the following QR code.



Scan QR code with your phone's camera to review current PA travel restrictions.

If you need to cancel your visit to VMESC for any of these reasons, please call our office at 724-964-8886 to make arrangements for rescheduling and/or reimbursement.