



## *2021 ECKANKAR Soul Adventure Seminar*

### **Health and Safety Essentials**

(October 7, 2021)

#### **Making Choices**

The risk of getting Covid-19 or a variant is still a serious health factor to consider.

If you have concerns about participating in a large group event, please make the choice best for you and your family on whether to attend.

#### **Health Precautions**

**Masks:** Everyone age 2 and older who can medically tolerate a mask will need to wear one (per Minneapolis city mandate) when **indoors** at the Minneapolis Convention Center (MCC). We are applying the same policy to the Temple of ECK and to seminar buses. Consider checking with your seminar hotel for their mask policy.

**Air Flow:** Events held at the MCC will be in large rooms with extra outside air flow. Air flow at the Temple will be maximized to the extent possible. For your warmth and comfort, consider bringing a sweater, scarf, or jacket to all events.

**Hand sanitizers, cleaning, and disinfection:** Hand sanitizers will be located at key locations throughout the seminar site and at the Temple. The MCC has stringent protocols for cleaning and disinfection.

**Social distancing:** There are no social distancing rules in place at the MCC, the Temple, or on seminar buses. Please know that by attending you will be in close proximity to others at various times. As much as feasible, feel free to find spacing from others during events.

**Proof of vaccination:** not required by the City of Minneapolis or Eckankar.

**Feeling sick?** If you begin to feel unwell on your travels or at the seminar, get health advice and *please do not attend seminar events until your health situation is resolved.*

If any of the following apply to you during the seminar, or within 14 days prior, please follow [CDC recommendations](#) before coming to seminar events:

- Have Covid-19 symptoms
- Been exposed to someone with Covid-19
- Been diagnosed with Covid-19

For information about Covid-19 testing in Minnesota, try an internet search or go to [Minnesota COVID-19 Response](#).