



High Hope Ranch  
PO Box 1796, Glen Rose, TX 76043  
817-776-2603 (cell) – 254-898-4296 (office)  
stay@HighHopeRanch.com  
www.HighHopeRanch.com

## Our CoronaVirus/Covid-19 Plan

As we have been transitioning from a privately held ranch to a non-profit conservancy center, our motto has been 'learning to live in ambiguity'. Little did we know that that would prepare us for living in a world dealing with a pandemic outbreak.

First, we send prayers to everyone who's life is being impacted, both directly and indirectly by this virus. This is what we are doing at High Hope to 'Flatten the Curve' (taking precautions to avoid a huge outbreak) in the spirit of an ounce of prevention is worth a pound of cure.

### Everyday new habits:

1. We are listening to and reading from a variety of sources, mainly from the medical community, to try to understand what is truly going on. These have been helpful:
  - a. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
  - b. <https://dshs.texas.gov/coronavirus/>
  - c. From High Hope's favorite Functional Medicine Doctor, Dr. Margaret Christensen: <https://carpathiacollaborative.com/wp-content/uploads/2020/03/corona-4.pdf> or see their 55 minute Coronavirus Survival Strategy webinar: <https://vimeo.com/395966289>
  - d. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic>
2. We are embracing each other as allies in protecting our vulnerable people from getting sick. Instead of living in fear, we are living in a supportive community of trust.
3. We are building up our immune systems with vitamins, herbal supplements (we are hitting [our fire cider](#) extra hard, Google Rosemary Gladstar fire cider), but **NOT** using Elderberry as it may open up a quicker pathway into the lungs for the virus.
4. We are washing and scrubbing our hands for 30 seconds (but turning off the water while we are washing) and using our personal hand brushes to clean under our nails. On the advice of a nurse anesthetist, I (Sandy) have removed my rings and bracelets.
5. We are trying our hardest not to touch our faces when we are out in public, but wow, who knew how often we rub our noses (thank you pollen), scratch our eyes, touch our lips!?!?
6. When in public, trying not to touch things unnecessarily, and when we forget, see numbers 4 and 5, or use the hand sanitizers, which we are now making ourselves.
7. Avoiding large crowds when possible (part of our everyday lifestyle on the ranch!), listening to the experts' advice on social distancing.
8. We will remember these behaviors and protect ourselves every flu season!

Book directly, or find us on GlampingHub.com, HomeAway.com, VRBO.com and AirBnB.com:

[Habari - \(sleeps 10 - 18\)](#)   [Kasa Casa Spa House \(sleeps 5\)](#)   [Mata'Zamo \(sleeps 8\)](#)



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## Special precautions in our Guest Houses

**As of 22 March we are waiting 72 hours to let our housekeeping staff into the houses to clean, we are asking people with reservations before that time expires to reschedule.**

1. We are adding extra drops of our flu-fighting essential oil blend, doTerra's OnGuard to all cleaning products.
2. We will have refills of our OnGuard foaming hand soap available, in the office and in the houses.
3. We are supplementing our normal non-toxic cleaning regime with doing a wipe down with a very diluted bleach and water solution, AND we will have Lysol-based spray and wipes available for guests to use should you choose!
4. We are using our housekeeper Melanie's previous experience working in a hospital to disinfect our homes between guests.
5. We always have back up supplies of bath and facial tissue, but we aren't hoarding or overbuying (see #2 in the first section!).
6. Although we think this is a secondary line of defense if you are exercising good hand washing hygiene while on the ranch, we will be stocking hand-sanitizer in the houses. We looked in several stores in Dallas, Ft. Worth and Granbury which were all sold out, so we are making our own spritzer with 70% alcohol, aloe vera gel, and both Melaluca (tea tree) and On-Guard Essential oils.
7. Providing information in our guest books on how to stay healthy.
8. Encouraging our guests to take advantage of the Spring weather and follow the CDC's advice to sleep with your windows open for fresh ventilation!
9. Whenever the sun is out, go soak it up! Vitamin D helps fight the virus, and the mucus droplets that spread the virus drop out of the air quicker.

## CoronaVirus based Cancellations

1. We will continue to work with our guests in the spirit of generosity and flexibility when cancellations are necessary and will work with you on refunds or credits. Please don't come if you are sick or have been knowingly exposed. If you have been here, and find out you have been exposed, please let us know so we can take proper pre-cautions.
2. We are going to wait until April 1 to make our GO-NO GO decision about hosting our 6<sup>th</sup> Annual **Taste of the Camino** pilgrimage weekend May 1-3, unless forced to cancel because of quarantines, if there is an outbreak on the ranch, or we don't have our minimum number (10) of participants. Should this happen, we will refund 90% and the remaining 10% will be transferable to the next Camino you attend and help us recoup some of our Camino investment.

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3. Because it is hard to know whether or not to commit money to an event that Nature might aspire to cancel, we have created a [\\$10 “Intentional Deposit”](#) so people can let us know they want to come in these days of uncertainty, and we’ll hold a space.

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