**Our Pandemic Plan Update – 22 April 2020 – A Different Earth Day for all of us!**

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:
	1. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
	2. <https://dshs.texas.gov/coronavirus/>
	3. 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>
	4. <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](https://www.youtube.com/watch?v=JU8U0bDmXks) extra hard, Google Rosemary Gladstar fire cider), but watching our intake of immunity boosters should we have symptoms in order not to contribute to a [cytokene storm](https://news.yahoo.com/immune-system-gone-wild-why-181706167.html).
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. Thanks to all of our friends with sewing skills for providing us with cloth masks we can wear when we are off the ranch.
7. 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.
8. Avoiding large crowds when possible (part of our everyday lifestyle on the ranch!), listening to the expert scientists’ advice on social distancing.
9. We will remember these behaviors and protect ourselves every flu season!

**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! We are having a hard time finding these in the stores, so we may also make our own wipes!
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 for our guests 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.
10. Bookings done online at VRBO, HomeAway, AirBnB, Trip Advisor or Glamping Hub currently have a 14-day minimum stay and are not on Instant Book to allow the 72-hour rest period. We are working with people directly and are offering 3-4 day minimum stays for people who have been here before.

**Pandemic 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 precautions.
2. We have postponed our 6th Annual **Taste of the Camino** pilgrimage. We are working on a meaningful way to create an intentional walk and joining together via Zoom to create community.