



March 2, 2020

Dear DIRI Students, Faculty and members,

As we shared earlier this week, the Dr. Ida Rolf Institute® has been working closely with our local public health agencies as we monitor the global outbreak of Coronavirus Disease 2019 (COVID-19).

Our highest priority is the safety of our students and staff.

To date, there have been no confirmed cases of COVID-19 in Colorado.

It is important to know that during an outbreak we would follow the health department's lead on any quarantines, closures, or other health measures needed. Our focus has been on how to ensure the safety of students and staff, and how education can continue, including through online options.

What is DIRI doing?

- DIRI has a pandemic plan, which has been developed in cooperation with our local health departments. We have also been working across the organization to review and evaluate the protocols we have in place and adjust as needed.
- You can continue to find updated information about what the Institute is doing on our website:
- Our staff is also increasing the frequency of cleaning high touch surfaces across our campus and having staff remind students regularly about handwashing and the prevention of spreading germs. We have hung CDC posters around our buildings to serve as a reminder to our staff and students.

International Travel

We have gotten a number of questions regarding students that have recently traveled internationally or plan to travel internationally soon.

- As of today, there are no restrictions for travel in the United States. We will keep you updated if any restrictions or recommendations are issued by the US or state of Colorado.

- As for privately scheduled international trips (staff and students/families), be aware that you may be asked or required by the CDC to quarantine upon return or not be allowed to return from the country you have visited. At this time, State and local officials are not recommending quarantine or exclusion of individuals returning from countries other than China and Italy. We will continue to follow official guidelines regarding students traveling from other impacted countries.

What families and individuals can do to prevent the spread and prepare for an outbreak

Our partners at Boulder Counties have provided this list of helpful tips:

[Getting ready for widespread disease is largely about preparing for possible shortages.](#)
Here are some things you can do:

- Try to get an extra months' worth of prescription medications, if possible, in case there are supply chain disruptions.
- Slowly start to stock up on enough non-perishable food to last your household through two weeks of staying at home if there is a wave of transmission in the community.
- Think about how you will continue to work if you're the Institute is closed or if your child's school is closed.
- Understand that large gatherings you plan to attend may be canceled.
- Think through how you will take care of sick family members while trying not to get infected.
- Make plans for childcare if you become sick, or when your child is sick.
- Start practicing not touching your face now. This can greatly reduce the frequency of potential spread. (You can even try a buddy system, where you and a friend remind each other when someone scratches their eyelid or rubs their nose.)
- Replace handshakes with elbow-bumps.
- Start building healthy habits like pushing elevator buttons with a knuckle instead of a fingertip.
- Avoid sharing water bottles, drinks, etc.
- Increase regular cleaning of commonly touched surfaces (e.g. cellphones, doorknobs, faucet handles, toilet handles etc.)

Feeling Sick? Stay Home!

Whether staff or student, we ask that you don't come to classes or work sick. We encourage anyone who is feeling ill to stay home, especially if they are experiencing the symptoms listed in our [Too Sick For School?](#) guidelines.