

IDMR SELF-CHECK COVID-19 SCREENING and INFECTION GUIDELINES

PLEASE REVIEW CAREFULLY

ANSWER ACCORDINGLY

1. Have you tested Positive for COVID-19 in the past 7 days?
2. Regardless of your vaccination status, have you experienced any **NEW** or **UNEXPLAINED** symptoms listed below in the past 48 hours?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have had any of these symptoms in the last 48 hours, DO NOT physically return to IDMR facilities until symptoms have been improving for more than 48 hours. If you have a medical condition that causes any of these symptoms and you need access to an IDMR facility within the next few days, you will need prior approval from the branch dean (or designee). Waivers will only be granted at the discretion of the dean.

YES



Access to IDMR
Facilities
NOT APPROVED

NO

APPROVED TO ATTEND CLASS

ISOLATE – For COVID-19 Symptoms or POSITIVE TEST(S)

IF YOU TEST POSITIVE FOR COVID-19 or experience symptoms as listed above (ISOLATE):

- **EVERYONE – Regardless of Vaccination Status:**
 - Stay home (*contact your local COVID-19 Team as soon as possible*)
 - Get (*PCR, Rapid/Antigen*) tested in 5 days after the onset of symptoms or positive test date.

RETURN TO CLASS / ISOLATION COMPLETE:

- **If Fully Vaccinated and/or Boosted** – You may return to class 7 days after symptoms began OR 7 days after positive test (for asymptomatic cases); *DO NOT Return to class if symptoms have not improved or if a fever is still present.*
- **If NOT Fully Vaccinated** - You may return to class after **14 days**, IF your symptoms are improving AND you have a negative antigen/home test. If you are not fully vaccinated and you continue to test positive after a 14-day quarantine, please do not return to class until you have a negative antigen test.
- **EVERYONE** – Do not return to class if you still have a fever. Please stay home until your fever resolves.

QUARANTINE – Exposed ONLY (with no symptoms)

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19:

- You may continue to attend class. Continue to wear a mask around others (for 10 days).
- Still, TEST on day 5, (*if you test positive immediately begin to isolate as listed above and report your results to your local COVID-19 team*).
- If your exposure is with someone that lives in your home, then you may return to class only after testing negative on the 5th day after the initial exposure (See below).

	1. MEMBER EXPOSED TO COVID-19 POSITIVE PERSON THAT <u>DOES NOT</u> LIVE IN THE SAME HOUSEHOLD:	If fully vaccinated, the member may continue to attend class, AND test 5 days after exposure. • <i>If unvaccinated, stay home for 5 days, test on day 5.</i>
	2. MEMBER <u>LIVES IN THE HOUSEHOLD WITH COVID-19 POSITIVE PERSON (vaccinated OR unvaccinated):</u>	<ul style="list-style-type: none"> • Quarantine AWAY from class for 5 days. • Take COVID-19 Test on day 5 after exposure. <ul style="list-style-type: none"> ➤ <i>If test results NEGATIVE Return to Class.</i> ➤ <i>If test results POSITIVE Isolate refer to page 1.</i>

Routine Screening:

It is recommended, but NOT required to obtain regular testing, even if you are asymptomatic, every 1 – 2 weeks if possible.

Travel Procedure:

When traveling to International Headquarters, please arrange for Rapid/Antigen testing upon arrival.

It is also strongly recommended to obtain testing prior to returning to class after any travel.

Definitions:

Exposure – Close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19 unless you have been fully vaccinated.

Fully Vaccinated – the period of time beyond 2 weeks after the 2nd dose of Moderna or Pfizer vaccines OR 2 weeks after Johnson & Johnson vaccine

PCR Test – Preferred test for determining if you are infected or not

Antigen (Rapid) Test – Preferred to determine if you are still infectious after a confirmed infection and necessary to return to class

Note: Where testing is recommended, both PCR, ANGTIGEN/Rapid tests are acceptable for class purposes.

BRANCH MASK RECOMMENDATIONS:

Masks should continue to be worn while at the class building. Preferred mask types are N95, KN95, KF94 and surgical masks. Masks that are not recommended due to their ineffectiveness include: Masks with valves, bandannas, gaiters, single-layer cloth material. Face shields are only acceptable if used with an acceptable mask.

NOTE: THIS DOCUMENT IS INTENDED TO SERVE AS A PERSONAL REFERENCE FOR SCREENING FOR POSSIBLE COVID-19 INFECTION OR SYMPTOMS FOR THE PURPOSES OF ATTENDING IDMR CLASSES AND CLASS RELATED TRAVEL ONLY. THIS DOCUMENT SHOULD BE KEPT AT HOME BY THE MEMBER. THIS DOCUMENT WILL NOT BE REQUIRED TO ENTER CLASS AT ANYTIME.