

Greetings IDMR Branches,

We want to provide some general COVID-19 updates and reminders as the new school year begins.

- **COVID-19 SCREENING:** Please continue using the IDMR COVID-19 Screening prior to attending each class. A copy of the most updated COVID-19 screening is attached to this email and it is available on the official IDMR website at <https://idmr.net/covid19/>. *Please print the screening or have it readily available to use before class and as a guide if questions arise.*
- **SCHOOL IS BACK IN SESSION,** please remember that wearing masks in the school environment can reduce the risk of transmitting and or contracting COVID-19 and other respiratory illnesses like the Flu. Although COVID-19 health and safety measures have been relaxed at most schools and around the country, we still **strongly encourage** our kids to continue practicing health and safety measures while in school. We encourage our kids to:
 - **Wear their masks,**
 - **Wash their hands and/or use hand sanitizer often,** and
 - Be mindful of keeping a **safe distance** from others when possible, and
 - Do Not share water bottles, (P.E.) clothing, towels etc.

Masks are especially important if you must be in close proximity to others. However, if you are outdoors, and/or not in close proximity to others, the risk is reduced.

If your child is exposed to someone while at school, please follow the guidance from the school and our IDMR COVID-19 Screening.

MONKEYPOX

Some studies are still underway with regards to how Monkeypox is spread from person-to-person.

- At this time, it is known that Monkeypox is spread through:
 - Physical skin-to-skin contact with someone who is infected with Monkeypox (Hugging, Handshaking etc.).
 - Sharing bedding, clothing, towels etc. with someone who is infected with Monkeypox.
 - Respiratory transmission maybe possible, however it is still being tested.
- For more information regarding Monkeypox, please visit the CDC's website at: <https://www.cdc.gov/poxvirus/monkeypox/transmission.html>.

It is important to keep these measures in mind especially as school resumes.

If anyone tests POSITIVE for COVID-19 or experience any COVID-19/FLU-like symptoms, we ask that you stay home and contact your local COVID-19 Team.

International IDMR COVID-19 Team



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