

IDMR® COVID-19 Protocol

June 13, 2023

The following guidelines are provided for specific circumstances for branch schools and members to follow as we conduct operations within the Instituted of Divine Metaphysical Research® (IDMR®). They are to be used in conjunction with the IDMR Self-Check COVID Screening and Infection Guidelines.

Isolation/Quarantine Guidelines

ALL POSITIVE COVID-19 TESTS: Isolate away from class and class members for 5 FULL days. If COVID-19 test on Day 5 is NEGATIVE with no fever, chills, or sweats, the member may return to class on Day 6 or thereafter.

Choir Guidelines

Local Covid Prevalence: The local Dean and/or designated officers should remain aware of the current state of Covid activity according to the local county public health department. If the prevalence of infection poses an unacceptable threat of transmission in class, then singing should be suspended immediately until conditions are deemed safer.

Performers: Initial recommendations are to perform on Sundays only and have no more than 20 performers. All performers (singers and band members) must do a self-check prior to class per the IDMR Self-Check COVID Screening and Infection Guidelines. If you have ANY symptoms such as cough, congestion, sore throat, fever, headache, unexplained fatigue, body aches, etc. you should NOT perform. It is vital that everyone be vigilant and truthful concerning any possible symptoms of infection.

Testing: All performers MUST test at the class building prior to performing. The choir director, or designate(s), must personally witness the test results for each performer at every class. There are no exceptions to this rule. There shall be no honor system regarding testing.

Spacing: If possible, try to provide 6 ft space between singers and the audience.

Travel Guidelines

Travelers: Test immediately *prior* to travel and again at your destination prior to entering your host's home. Testing in the car once picked up preferred. If positive, travelers are to seek alternate accommodations at their own expense. Travelers should continue to actively monitor their health condition daily during their stay and test as necessary if your health conditions begin to change.

Hosts: All household members must test prior to guests arriving and immediately inform hospitality if any positive test occurs.

Symptom Guidelines

If you have self-check symptoms such as mild cough, runny nose, hoarse voice, etc. you may attend class **IF** you test negative immediately prior to attending class (15-30 minutes). You must test every day you attend class while you have symptoms. Do not attend class if you have active fever, chills, and/or sweat.

Cottage Meetings

Cottage meetings that are *closed to the public* AND have 10 or fewer members may be held without wearing masks **IF** all members test immediately prior to meetings. Classes with 10 or fewer members still must wear masks because they are open to the public.