

IDMR SELF-CHECK COVID-19 SCREENING and INFECTION GUIDELINES

PLEASE COMPLETE THIS SCREENING PRIOR TO EACH CLASS SESSION

IMPORTANT – TESTING PROTOCOLS FOR VISITING INTERNATIONAL OFFICERS

All IDMR members who are scheduled to visit with the International Dean, and/or international officers are required to test inside your vehicle (or outside of the location) upon arrival to the respective location of the visit (i.e. international officers' home(s), etc.).


PLEASE REVIEW CAREFULLY

ANSWER ACCORDINGLY

1. HAVE YOU EXPERIENCED ANY OF THE LISTED NEW OR UNEXPLAINED SYMPTOMS IN THE LAST 48 HOURS?

- Fever
- Chills
- Cough
- Shortness of breath
- Body aches
- Headache

- Sore throat
- Congestion
- Runny nose
- Nausea/Vomiting
- Diarrhea
- Loss/Change in Taste/Smell

If you answered **YES**:  Take a rapid/home COVID-19 test and GO TO to # 2.
If you answered **NO**, SKIP to # 3.

2. WHAT TO DO IF YOU DEVELOP NEW OR UNEXPLAINED SYMPTOMS?

Due to the presence of various contagious respiratory illnesses, members are asked to stay home and test on DAY 1, DAY 3 & DAY 5 after symptoms began. If **POSITIVE** results are received, refer to #4. If symptoms resolve and **NEGATIVE** test results are received before day 5, the member may return to class on or before Day 5.

3. HAVE YOU TESTED POSITIVE FOR COVID-19 IN THE PAST 5-DAYS?

- (IF YOU HAVE BEEN **EXPOSED** or **AROUND SOMEONE WHO IS COVID POSITIVE**, REFER TO # 5 FOR FURTHER GUIDANCE.)

If you answered

YES



DO NOT ATTEND CLASS

Go to Question # 4:

If you answered:

NO

to this question:

APPROVED TO ATTEND CLASS

4. WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19? (Regardless of Vaccination Status)



DO NOT ATTEND CLASS

1. ISOLATE away from class & class members for **5 full days**. If **positive on/after day 5** continue isolation and contact your local COVID-19 Team.
2. Maintain ventilation at home.
3. Take home test on day 5.

5. WHAT TO DO IF YOU ARE EXPOSED TO A COVID-19 POSITIVE PERSON? (Regardless of Vaccination Status)

A. THAT **DOES NOT** LIVE IN THE SAME HOUSEHOLD:

- **May continue to attend class**,
- Test 1, 3 and 5 days after the exposure,
- **IF POSITIVE: ISOLATE/Refer to # 4.**

B. THAT LIVES IN THE SAME HOUSEHOLD **WITH** COVID-19 POSITIVE PERSON:



- QUARANTINE away from class & class members for **5 full days**.
- **Contact local branch COVID-19 Team.**
- Take COVID Test on day 5, after exposure.
 - If **NEGATIVE** on day 5: **OK to Return to Class** after day 5..
 - If **POSITIVE**: Begin **5-day ISOLATION**, refer # 4.

6. WHEN IS IT OK TO RETURN TO CLASS AFTER QUARANTINE?

It is OK to Return to Class after Day 5 of quarantine IF:

- ✓ 5 days have passed since 1st positive test (or symptoms began)
- ✓ COVID Test taken on DAY 5 has Negative result
- ✓ Symptoms have improved and no fever

ALL – Please DO NOT return to class with ongoing or worsening symptoms after 5 days even if test results are negative and see your doctor. Please DO NOT RETURN TO CLASS AFTER DAY 5 IF Test is Positive.

7. ISOLATION/QUARANTINE FOR HOUSEHOLD MEMBERS:

THE 5-Day Isolation/Quarantine period applies to the entire household of the person who tests POSITIVE for COVID-19. If a 2nd resident in the home tests POSITIVE, 5-Day quarantine period starts over at Day 1.

8. VISITATION WITH INTERNATIONAL OFFICERS & FIRESIDE CHAT ATTENDANCE:

All IDMR members who are scheduled to visit with the International Dean, and/or international officers are **required** to test inside your vehicle (or outside of the location) upon arrival to the respective location of the visit (i.e. international officers' home(s), etc.).

9. IDMR MASK PROTOCOL:

- **APPROPRIATE MASKS ARE TO CONTINUE TO BE WORN AT ALL TIMES WHILE PRESENT FOR IDMR CLASS SESSIONS.**
- **Masks should be worn while in public places (i.e. airports, grocery stores, rideshare, indoor settings, etc.). Approved mask types: N95, KN95, KF94 and double-layered/surgical masks. Masks that are not accepted due to their ineffectiveness include: Masks with valves, bandannas, qaiters, single-layer designer/cloth masks.**

10. COVID-19 TESTING
(For best results):

- Test upon arrival to FIRESIDE CHAT or ANY gathering.
- Test 1, 3 and 5 days after any exposure to COVID-19.
- Test prior to travel, upon arrival and upon return from travel.
- PCR (Lab) Tests are most effective for those who never tested POSITIVE for COVID-19.
- PCR (Lab) tests are not recommended for those who recently tested POSITIVE for COVID-19.

If a POSITIVE test result is received, please immediately begin ISOLATION, and refer to PAGE 1.

11. COVID-19 VACCINES:
(Boosters available 5 months after each previous dose)

- COVID-19 Vaccines/Boosters are now available for everyone 6 months and older. For questions about pre-existing conditions and allergic reactions, consult your medical provider.

12. IDMR COVID-19 RESOURCES:

- **For branch members:** Please contact your local branch COVID-19 team, for personal COVID-related matters (i.e., positive tests).
- **For branch schools:** The IDMR International COVID-19 Team is available to assist the branch COVID TEAMS with COVID-19 related questions or concerns via email at: covid19@idmr.net.
- **IDMR COVID-19 Information:** <https://idmr.net/covid19/>.

NOTE: THIS DOCUMENT IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. PLEASE CONSULT WITH YOUR PHYSICIAN FOR PERSONAL MEDICAL GUIDANCE.