

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 FOLLOWING SYMPTOMS IN THE LAST 24 HOURS?

- Fever or chills
- Runny nose, congestion, or sore throat
- Cough
- Shortness of breath
- Body aches or Headaches
- Nausea/Vomiting or diarrhea
- Loss/Change in Taste/Smell

If you answered **YES**, take a rapid (home) Covid-19 test

If you test negative you may attend class except for symptoms of active fever or chills

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

If you answered **YES**



DO NOT ATTEND CLASS

1. Contact your local COVID-19 Team.
2. ISOLATE away from class & class members for **3** days.
3. Take a home test on Day **3**.

3. HAVE YOU BEEN EXPOSED TO COVID-19?

Exposed members should not remove their masks for class functions i.e., singing, scripture reading until 3 days have passed.

A. DIFFERENT HOUSEHOLD:

- You may continue to attend class,
- Test days 1 and 3 after the exposure,

B. SAME HOUSEHOLD:

- You may attend class if you do not have symptoms (see # 1) and you test negative 1-hour prior to attending class for as long as anyone in the home still tests positive.
- Continue to wear your mask at class and around class members.

It is OK to Return to Class after Day 3 of quarantine IF:

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

- ✓ 3 full days have passed since 1st positive test (or symptoms began)
- ✓ COVID Test taken on DAY 3 has Negative result.
- ✓ Symptoms have improved and no fever or chills for 24 hours.
- ✓ 5 full days have passed, and you do not have fever or chills for 24 hours

ALL – Please DO NOT return to class with ongoing or worsening symptoms even if test results are negative. If necessary, please see your medical provider.

4. ISOLATION/QUARANTINE FOR HOUSEHOLD MEMBERS:

The **3-day** Isolation/Quarantine period applies to the person who tests positive and **NO LONGER** applies to the entire household. If a member tests POSITIVE, the member must stay home from class as stated in these guidelines.

5. 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.).

6. IDMR MASK PROTOCOL:

- **Masks are now optional as the mandatory mask mandate is suspended pending any significant surge in infections.**
- **Masks are still required for 10 days after Covid infection. Members are NOT to remove their mask for any reason until 10 days after infection. (Choir, moderation, reading, or speaking)**
- **There will not be any punitive actions taken against members who choose to continue wearing masks.**
- **Masks are recommended for those with certain chronic conditions. Please consult with your primary doctor for advice if needed.**
- Test upon arrival to FIRESIDE CHAT or ANY gathering.
- 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.

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

If POSITIVE, please immediately begin ISOLATION, and refer to step 2

8. COVID-19 VACCINES:

- COVID-19 Vaccines/Boosters are now available for everyone 6 months and older. It is vital to continue proper vaccinations as new variants continue to develop.

9. 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 MEDICAL PROVIDER FOR PERSONAL MEDICAL GUIDANCE.