

# 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 after 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 for as long as the infection is present within the home.*

**A. DIFFERENT HOUSEHOLD:**

- You may continue to attend class,
- Test on 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 for as long as the infection is still present in the household.
- Test prior to attending any IDMR function.

<p><b>4. WHEN IS IT OK TO RETURN TO CLASS AFTER QUARANTINE?</b></p> 	<p><b>It is OK to Return to Class after Day 3 of quarantine IF:</b></p> <ul style="list-style-type: none"> <li>✓ <u>3 full days have passed since 1<sup>st</sup> positive test (or symptoms began)</u></li> <li>✓ <u>COVID Test taken after DAY 3 has Negative result.</u></li> <li>✓ <u>Symptoms have improved and no fever or chills for 24 hours.</u></li> <li>✓ <u>7 full days have passed, and you are asymptomatic, you must wear your mask for the full 10 days.</u></li> </ul> <p><b>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.</b></p>
<p><b>5. ISOLATION/QUARANTINE FOR HOUSEHOLD MEMBERS:</b></p>	<p>The <b>3-day</b> Isolation/Quarantine period applies to the person who tests positive and <b>NO LONGER</b> applies to the entire household. If a member tests POSITIVE, the member must stay home from class as stated in these guidelines.</p>
<p><b>6. VISITATION WITH INTERNATIONAL OFFICERS &amp; FIRESIDE CHAT ATTENDANCE:</b></p>	<p>All IDMR members who are scheduled to visit with the International Dean, and/or international officers are <b>required</b> 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.).</p>
<p><b>7. IDMR MASK PROTOCOL</b> <i>(Follow local protocol)</i></p>	<ul style="list-style-type: none"> <li>• <b>Follow the Masks protocol according to your local branch, whether the mandate is Optional or Mandatory</b></li> <li>• <b>Regardless of Mask protocols, Masks are required for 10 days after 1st positive test or since symptoms began.</b></li> <li>• <b>Masks are required for those who live in the same household as a positive person for as long as the infection is within the home. <u>Members under mask requirement are NOT to remove their mask for any reason (including for choir, moderation, reading, or speaking functions).</u></b></li> <li>• <b>Masks are recommended for those with certain chronic conditions. <i>Please consult with your primary doctor for advice if needed.</i></b></li> </ul>
<p><b>8. COVID-19 TESTING</b></p>	<ul style="list-style-type: none"> <li>• Test upon arrival to <u>ANY</u> gathering.</li> <li>• Test prior to travel, upon arrival, and upon return from travel.</li> <li>• Members who live with someone who is currently testing positive <b>MUST</b> test before attending any IDMR related function (i.e. class sessions) <i>and must abide by the mask protocol while in attendance.</i></li> <li>• PCR (Lab) tests are not recommended for those who recently tested POSITIVE for COVID-19. <b>If POSITIVE, please immediately begin ISOLATION, and refer to step 2</b></li> </ul>
<p><b>9. COVID-19 VACCINES:</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<p><b>10. IDMR COVID-19 RESOURCES:</b></p>	<ul style="list-style-type: none"> <li>• <b>For branch members:</b> Please contact your local branch COVID-19 team, for personal COVID-related matters (i.e., positive tests).</li> <li>• <b>For branch schools:</b> The IDMR International COVID-19 Team is available to assist the branch COVID TEAMS with COVID-19 related questions or concerns via email at: <a href="mailto:covid19@idmr.net">covid19@idmr.net</a>.</li> <li>• <b>IDMR COVID-19 Information:</b> <a href="https://idmr.net/covid19/">https://idmr.net/covid19/</a>.</li> </ul>

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