

# IDMR SELF-CHECK SCREENING and INFECTION GUIDELINES

PLEASE COMPLETE THIS SCREENING PRIOR TO EACH CLASS SESSION

## CAREFULLY REVIEW AND ADHERE TO THESE GUIDELINES

<p>1. PLEASE DO NOT ATTEND CLASS IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:</p>	<ul style="list-style-type: none"> <li>● Fever</li> <li>● Chills</li> <li>● Severe or Ongoing Cough (<i>Cough that would be a distraction to others</i>)</li> <li>● New or Unexplained symptoms</li> </ul>
<p>2. PLEASE DO NOT ATTEND CLASS IF YOU HAVE BEEN DIAGNOSED WITH, TESTED POSITIVE, OR YOU BELIEVE YOU ARE CURRENTLY INFECTED WITH ANY OF THE FOLLOWING:</p>	<ul style="list-style-type: none"> <li>● <b>COVID-19 - NOTIFY YOUR LOCAL COVID TEAM</b></li> <li>● Influenza – FLU A or FLU B</li> <li>● Norovirus</li> <li>● RSV</li> <li>● Any variant of the Coronavirus (including COVID-19)</li> <li>● Any other <u>contagious</u> respiratory/digestive illness(es) not listed here</li> </ul>
<p>3. YOU <u>MAY CONTINUE</u> TO ATTEND (OR RETURN TO) CLASS AND PERFORM YOUR NORMAL FUNCTIONS IF:</p>	<ul style="list-style-type: none"> <li>● You live in the home with someone with an illness stated above in #2 or who tested positive, as long as you're not ill and test negative.</li> <li>● Refer to #5 for Mask protocols for those in the same household with someone who is ill.</li> <li>● If you were previously ill as listed above and symptoms have improved (<i>no fever or chills for at least 24 hours or distracting lingering cough</i>)</li> </ul>
<p>4. VISITATION WITH INTERNATIONAL BOARD OF TRUSTEE MEMBER(S) (IBOT):</p>	<ul style="list-style-type: none"> <li>● For IDMR members who are scheduled to visit with the International Dean, and/or any IBOT Member, please contact the IBOT member for guidance relating to your visit.</li> <li>● However, if you are experiencing new or unexplained symptoms or have a diagnosis as listed above, you are asked to reschedule your visit and NOT visit the IBOT member.</li> </ul>
<p>5. IDMR MASK PROTOCOL:</p>	<ul style="list-style-type: none"> <li>● Mask-wearing is optional pending any significant surge in infections.</li> <li>● The local dean and/or designated officers should remain aware of the current state of their local environment and make mask recommendations within the branch according to the local, or county public health department.</li> <li>● Masks are <b>strongly encouraged</b> for those who live in the same household as a positive person for as long as the infection is within the home, to prevent inadvertent spread of illness.</li> <li>● Masks are recommended for those with certain chronic conditions.</li> </ul>
<p>6. COVID-19 TESTING:</p>	<ul style="list-style-type: none"> <li>● COVID Testing for choir members is no longer required, BUT Branches <u>may</u> still test choir members if circumstances warrant (i.e. dramatic increase in COVID positivity rate in your local area).</li> <li>● Testing prior to and upon return from travel is encouraged.</li> <li>● Testing at the onset of new symptoms and/or prior to gatherings to rule out COVID is still recommended if tests are available.</li> </ul>
<p>7. COMMITTEE MEMBERS (I.E. CHOIR, READERS): <u>IT IS VITAL THAT EVERYONE BE VIGILANT AND TRUTHFUL CONCERNING SYMPTOMS AND INFECTIONS!</u></p>	<ul style="list-style-type: none"> <li>● All choir/band members, readers etc. must conduct an "IDMR Self-Check Screening "prior to each class performance.</li> <li>● If the member(s) has any symptoms OR is in the household with a positive or sick member, the member should not sing/read until the illness is resolved.</li> </ul>

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