

Respiratory Health & Safety Policies: 2026 Minidoka Pilgrimage

A limited number of COVID-19 rapid tests and high-quality masks (e.g., N95, KN95, KF94) will be available to participants at the Pilgrimage. Need masks or tests? Contact (206) 755-2948.

As we continue to live alongside COVID-19 and other respiratory illnesses, the Minidoka Pilgrimage Planning Committee is dedicated to prioritizing the health and safety of all attendees. [Experts continue to recommend](#) wearing masks indoors, improving ventilation indoors when possible, staying home when sick, and getting the latest COVID vaccine.

Please remember: WE keep us safe. We have a responsibility to protect our entire community including those most vulnerable -- those aged 65+, pregnant people, the very young, immunocompromised people -- from COVID-19 and other respiratory illnesses. While we recognize attending large in-person gatherings carries risk of COVID-19 and respiratory illness exposure and transmission, we encourage participants to help minimize this risk by:

- Staying home if you are sick
- Testing for COVID-19 and other respiratory infections
- Wearing a well-fitting, high-quality mask (e.g., N95, KN95, KF94) while indoors
- Isolating from others if positive while on Pilgrimage

Please do NOT attend if you are feeling sick. Whether you are sick with COVID-19 or a cold, please stay home and take care of yourself. Staying home is **the best way** to help protect others. Anyone who cancels due to a positive test for COVID-19 or other illness PRIOR to the Minidoka Pilgrimage will get a full refund of their registration fee (cancellation costs for travel and hotel are at participants' own expense). Please contact ryan@minidokapilgrimage.org if you will not attend due to illness.

All participants should carefully review the Respiratory Health & Safety Policies:

Before the Pilgrimage

1. All participants are strongly recommended to have [up-to-date COVID-19 vaccinations](#).

- Children who are ages 5–11 years are considered to have up-to-date COVID-19 vaccinations if they have received:
 - 1 dose of the 2024–2025 Moderna COVID-19 vaccine OR
 - 1 dose of the 2024–2025 Pfizer-BioNTech COVID-19 vaccine.
- People who are ages 12–64 years are considered to have up-to-date COVID-19 vaccinations if they have received:
 - 1 dose of the 2024–2025 Moderna COVID-19 vaccine OR
 - 1 dose of the 2024–2025 Pfizer-BioNTech COVID-19 vaccine OR
 - 1 dose of the 2024–2025 Novavax vaccine unless you are receiving a COVID-19 vaccine for the very first time. If you have never received any COVID-19 vaccine

and get Novavax, you need 2 doses of 2024–2025 Novavax COVID-19 vaccine to be up to date.

- People who are ages 65 years and older are considered to have up-to-date COVID-19 vaccinations if they have received:
 - 2 doses of any 2024–2025 COVID-19 vaccine 6 months apart.
 - While it is recommended to get 2024-2025 COVID-19 vaccine doses 6 months apart, the minimum time is 2 months apart, which allows flexibility to get the 2nd dose prior to typical COVID-19 surges, travel, life events, and healthcare visit.
2. **All participants are strongly recommended to avoid high-respiratory infection risk activities for 3-5 days before Pilgrimage departure.**
 - High-risk activities include, but are not limited to, attending crowded unmasked indoor gatherings such as parties, concerts, or other large gatherings of unmasked people.
 3. **All participants should self-test/rapid test for COVID-19 within 24 hours prior to the start of the Pilgrimage.**
 - Take a COVID-19 rapid at-home test within 24 hours before the Pilgrimage (ideally before you travel from home).
 - If you test positive, please stay home, rest, and take care of yourself.
 - **DO NOT** attend Pilgrimage if you are feeling sick or test positive for COVID-19. Please contact Ryan Kozu at ryan@minidokapilgrimage.org if you will not attend due to illness to inquire about a registration refund (less the Eventbrite fees).
 4. **Bus riders from Seattle to Twin Falls will be required to test negative immediately before boarding.**
 - Participants who will be riding the bus from Seattle to Twin Falls will need to arrive at the bus site by 5:30am in order to take a COVID-19 rapid test prior to boarding the bus.
 - Any participant who tests positive will be given a second test to confirm the test. Any participant who tests positive will not be allowed to board the bus. A registration refund (less the Eventbrite fees) will be provided. Participants will need to contact the hotel themselves in order to cancel their lodging reservation.
 5. **All participants are strongly recommended to wear a well-fitting, high-quality mask during travel to and from the Pilgrimage.**
 - If you are traveling by any form of public transportation (plane, train, or bus), we strongly recommend you wear a mask. Masks should be worn in airports and train/bus stations, on the plane/train/bus, in public restrooms, etc.
 - Masks should be well-fitting and high-quality (e.g., N95, KN95, or KF94), as cloth masks and surgical masks do not provide adequate protection from the COVID-19 virus.

During the Pilgrimage

6. **All participants are strongly recommended to wear a mask in all indoor settings during the Pilgrimage.**

Contact Health & Safety Team at:
(206) 755-2948 (urgent) minidokapilgrimage@gmail.com (non-urgent)

- Masks are strongly recommended at the College of Southern Idaho (CSI) during the Education Program and Legacy Sessions; on the buses to and from the Minidoka National Historic Site; and any other indoor spaces where we congregate closely together (except when actively eating/drinking).
- Masks are also recommended in outdoor settings when crowded near others.
- Participants are requested to bring their own well-fitting, high-quality masks (e.g., N95, KN95, or KF94 masks). *Limited high-quality masks will be available to participants.*

7. All participants should test for COVID-19 during the Pilgrimage if they are feeling ill.

- **If you are feeling ill or have symptoms** (e.g., cough, fever, chills, shortness of breath/difficulty breathing, headache, muscle/body aches, new loss of taste or smell, congestion/runny nose, sore throat, nausea/vomiting, diarrhea), **please test for COVID-19 and contact the Health & Safety Team at (206) 755-2948.**
 - Participants are requested to bring your own COVID-19 rapid tests on the Pilgrimage, in case you or your family needs to test for COVID-19. Additionally, tests can be purchased by participants at pharmacies in Twin Falls (see Appendix). *Limited COVID-19 rapid tests will be available to participants.*
- **If you test positive for COVID-19 or fall ill during the Pilgrimage, please isolate in your own hotel room for the duration of the Pilgrimage (at your own expense) and contact the Health & Safety Team at (206) 755-2948.**
 - We ask for any sick participants to isolate in a separate room, in order to minimize transmission to your family or roommates.
 - Your designated caregiver or emergency contact will be responsible for delivering food and other support you may need during isolation.
 - Additional resources listing healthcare facilities, pharmacies, and telehealth are included in the Appendix. Information on Paxlovid can also be found there.
- **If your roommate and/or close contacts test positive for COVID-19 during the Pilgrimage, please test for COVID-19 and contact the Health & Safety Team at (206) 755-2948.** Those who test negative for COVID-19 AND do not have any symptoms may continue to participate in Pilgrimage, but should:
 - Wear a well-fitting, high-quality mask around others, except when actively eating/drinking.
 - Maintain physical distance from others when unmasked and when eating.
 - Monitor themselves for COVID-19 symptoms and/or any signs of illness.

After the Pilgrimage

8. All participants are strongly recommended to test again for COVID-19 within 3-5 days after Pilgrimage ends.

- If you test positive for COVID-19 after the Pilgrimage, please contact the Health & Safety Team at minidokapilgrimage@gmail.com to assist with appropriate contact tracing and outreach. Your identity and information will not be shared without consent to protect the privacy of participants.

Contact Health & Safety Team at:
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Appendix: COVID-19 and Health Resources

Selected Health Facilities and Pharmacies in Twin Falls, Idaho

Name of Facility	Address	Phone Number
St. Luke's Magic Valley Medical Center	801 Pole Line Road W, Twin Falls, ID 83301	(208) 814-1000
Costco Pharmacy	731 Pole Line Rd E, Twin Falls, ID 83301	(208) 736-1725
CVS Pharmacy	1611 Blue Lakes Blvd N, Twin Falls, ID 83301	(208) 736-3321
Walgreens Pharmacy	1732 Washington St N, Twin Falls, ID 83301	(208) 733-1166

PAXLOVID

What is Paxlovid?

Paxlovid is a prescription medicine used to treat mild-to-moderate COVID-19 who are at high risk for progression to severe COVID-19, including hospitalization or death. Paxlovid is only available by prescription and must be started within the first 5 days of COVID-19 symptoms.

Who Can Use Paxlovid?

Paxlovid is authorized for use in adults and pediatric patients (12 years and older, weighing at least 88 lbs) who have mild to moderate COVID-19 and are at high risk for progressing to severe COVID-19, including individuals aged 50+ or with underlying health conditions.

How Do I Get Paxlovid?

- Work with your healthcare professional to get prescribed Paxlovid, if appropriate.
- Don't have or can't connect with a healthcare professional? PAXLOVID can also be prescribed at by urgent care providers and state-licensed pharmacists, or by a telehealth provider. [These resources may help.](#)
 - If you select a telehealth option from the list below, you will be connected with a healthcare professional by phone, chat, or video.
 - Depending on the telehealth platform chosen, you may need to create a login, answer questions about yourself and your health, and/or pay a fee.
 - [Paxlovid - COVID-19 Antiviral Treatment | Check Eligibility | Walgreens](#)
 - [CVS MinuteClinic Virtual Care](#)
 - [Sesame](#)
 - [SteadyMD, available through Ada](#)