



Testing, Quarantine & Isolation

TESTING

How to know if you should get tested...

- PBC asks students to get tested if you have been in close contact with someone who has COVID-19. Close Contact is defined as:
 - You were **within 6 feet** of someone who has COVID-19 **for a total of 15 minutes or more**
 - You provided care at home to someone who is sick with COVID-19
 - You had **direct physical contact** with the person (hugged or kissed them)
 - You **shared eating or drinking utensils**
 - They sneezed, coughed, or somehow **got respiratory droplets on you**
- You have symptoms of COVID-19
- **Wait at least 48 hours** from first contact to get tested
- **Average incubation period is 5-7 days**, but can be up to 14 days

WAITING FOR TEST RESULTS

Please follow these guidelines while waiting for your test results...

- Off – Campus students, please stay home for 14 days after your last contact.
- On – Campus students,
 - If you have a place to go to quarantine that is safe, we encourage you to quarantine off-campus
 - If you need to stay in the dorms, please follow these guidelines:
 - Remain in your own dorm room except to use the restroom.
 - Wear a mask when you leave your room
 - Sanitize everything you touch
 - Use your own shower, toilet and sink. Your dorm leader will label these for your use
 - Meals need to be brought to your room. Please reach out to your friends and dorm leaders to help schedule this. You may not go to the cafeteria to pick up a to-go meal.
 - Check for symptoms daily. If symptoms of COVID-19 occur, follow the procedures for students who test positive

NEGATIVE TEST RESULTS

Here's what to do if you test negative...

- If you test negative, you probably were not infected at the time your sample was collected. However, **incubation period can last up to 14 days.**
- All students who matched any of the testing criteria need to **remain in quarantine for 14 days from last exposure**, even after receiving a negative test result.
- Check your temperature daily and watch for symptoms

POSITIVE TEST RESULTS

Here's what to do if you test positive...

- Students who test positive are asked to move for isolation for...
 - At least **10 days since symptoms first appeared AND**
 - At least **24 hours with no fever** without fever-reducing medication **AND**
 - **Symptoms have improved**
- If you have no symptoms, stay in isolation until after **10 days** have passed since your positive test result.
- On-Campus housing is provided for women needing to quarantine on the bottom floor of dorm 4.
- Off-Campus housing for men will need to be arranged at the assistance of PBC.

CLASS & CHAPEL ATTENDANCE

What to do about class attendance...

- **Do not attend class or chapel** if you think you may have been exposed to COVID-19
- **Streaming options are being set up** for those who are well enough to listen-in to class.
- If you are the only student in your class in quarantine, it may be easiest to have a friend FaceTime you in to class or do a Facebook Live for you.
- If several students in one class are quarantined, PBC will work to create a single streaming platform for the class.
- **Attendance will be counted for students who live stream** the class for the duration of the class, using the same requirements as in the PBC Student Handbook for live classes.

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=You%20should%20stay%20home%20for,after%20exposure%20to%20the%20virus.>

[sick/quarantine.html#:~:text=You%20should%20stay%20home%20for,after%20exposure%20to%20the%20virus.](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=You%20should%20stay%20home%20for,after%20exposure%20to%20the%20virus.)