



PORTLAND BIBLE COLLEGE

Testing, Quarantine & Isolation

(Updated: July 8, 2021)

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, and you are not fully vaccinated. Close Contact is defined as:
 - You were **within 6 feet** of someone who has COVID-19 **for a total of 15 minutes or more over a 24 hour period**
 - 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, even if you are fully vaccinated.
- **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 10 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 10 days from last exposure, or 7 days from last exposure after receiving a negative test result.
- The quarantine period can only be shortened with a professional medical release.
- Check your temperature daily for 14 days from last exposure and watch for symptoms.

POSITIVE TEST RESULTS

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

- Students who test positive are asked to move to 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.
- 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.

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 set up** for those who are well enough to listen-in to 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.
- If you are too sick to “attend” the live stream class, please fill out the class excuse form as usual.

Resources:

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

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>