

COVID-19 Quick Guide for Students:
Prevention, Exposure, Testing, Positive Test Results, Resources
Updated December 21, 2021

Topics Covered in this document

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Prevention:

Help prevent the spread by wearing a [mask](#), maintain social distancing, and wash your hands frequently.

Get [vaccinated and boosted](#) on main campus, at a pharmacy or one of the vaccine clinics in Maricopa County.

- Tips for [navigating](#) daily life.

COVID-19 Testing

The take away testing locations for campus are the HSEB lobby by the Security Desk and Cafe and in Building 3, on the 2nd Floor Elevator Lobby. Pick-ups are scheduled for Monday, Wednesday and Friday afternoons. [Cats TakeAway Testing | COVID-19 Response \(arizona.edu\)](#)

Stay home if symptomatic, please complete an absence form or work with [Dr. Briney](#), Dean of Student Affairs, if you are not feeling well but are able to participate virtually.

Exposure:

Students exposed to a person with COVID-19 (or under investigation for COVID-19)

Many student exposures will be low risk because proper PPE and distancing will be observed. Review the CDC [defining risk of exposure](#) and overview of testing recommendations.

- A **high-risk** exposure is when proper PPE is not utilized during the encounter, exposure is prolonged (15 minutes or greater) and/or appropriate distancing is not observed.
- Students who have been fully vaccinated against COVID-19 and are symptom free do not require testing, unless required by clinical site.
- Students who have not been fully vaccinated or have symptoms should review [Testing Indications](#) below.
- Students are not considered fully vaccinated until two weeks after their final COVID immunization.

Testing Indications:

- Any person with [symptoms](#), regardless of vaccination status should be tested.
 - Students should observe CDC guidelines for [self-isolation](#) while awaiting results and abide by the clinical site protocol.
 - If test results are negative, and after 24 hours of improved symptoms fully vaccinated students can resume campus/clinical activities. For students not fully vaccinated they should self-isolate 10 days.
 - If results are negative, but symptoms persist or worsen, continue to self-isolate until symptoms resolve and [consider retesting](#), regardless of vaccination status.
 - Clinical sites may require clearance through occupational health or have other processes in place for return to work.
- Any asymptomatic individual who is not fully vaccinated and has a high-risk exposure, as defined above, may consider testing. These individuals should also observe [CDC guidelines for quarantine](#).

How to Interpret Test Results:

The CDC recommends that confirmatory testing use nasal collection methods rather than oral (e.g. saliva-based) specimens. Although PCR testing is often considered gold-standard and can be used as the primary means of testing, the timeline to receive results for PCR is often longer than that of other testing so it is used more frequently for confirmatory testing than initial testing. The UArizona [Cats TakeAway Testing](#), which is available on campus, uses saliva-based RT-PCR testing but is intended for asymptomatic testing purposes only.

Interpretation of self-collected specimens may vary from those that were collected by a medical provider, thereby increasing the risk of receiving a false negative result. For self-collected specimens, please refer to the instructions included with your [self-test](#) to determine if additional confirmatory testing or serial testing is indicated before discontinuing self-isolation.

Regardless of specimen or test type, test results which seem unlikely given a person's clinical scenario may require additional testing, particularly in individuals with a recent

COVID-19 infection or recent high-risk exposure to a person with COVID-19. Please consult your medical provider or Campus Health if you are not sure how to interpret your test results.

CDC statement – Negative Test Results:

A negative test result means that SARS-CoV-2, the virus that causes COVID-19, was not found in your specimen. If you took the test while you had symptoms and followed all instructions carefully, a negative result means your current illness is probably not COVID-19.

However, it is possible for a test to give a negative result in some people who have COVID-19. This is called a false negative. You could also test negative if the specimen was collected too early in your infection. In this case, you could test positive later during your illness.

Some self-tests are designed to be used in a series. Serial testing is when a person tests themselves multiple times for COVID-19 on a routine basis, such as every few days. By testing more frequently, you might detect COVID-19 more quickly and could reduce the spread of infection. Some self-administered tests come with more than one test and instructions for performing serial testing.

If your self-test is negative, you should follow the manufacturer's instructions for serial testing that are included within the kit during purchase, or you can find the instructions for your test ([molecular](#)^{external icon} or [antigen](#)^{external icon}) on the FDA website. They will likely recommend you test again within 2 or 3 days. Contact a healthcare provider if you have any questions about your test results or serial testing. You may also use the [COVID-19 Viral Testing Tool](#) to help you determine the next steps after testing. If you have [COVID-19 symptoms](#), especially if you have been exposed to someone who has COVID-19, you should [quarantine according to CDC recommendations](#).

- [CDC Self-Testing Guidelines](#).

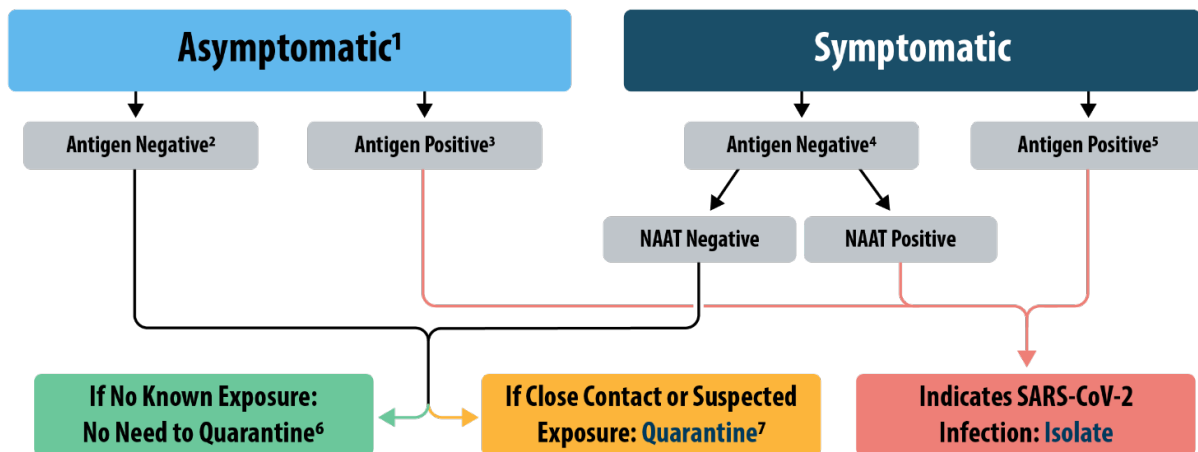
Using Antigen Tests for CoV-2 in Community



SARS-Settings

An easy to use algorithm (though it does not include PCR)

Figure 2. Antigen Test Algorithm for Community Settings



Positive Test Results:

- Self-isolate for 10 full days from the start of your symptoms OR the date you tested positive, whichever came first. You should be fever-free for at least 24 hours before leaving isolation. College of Medicine – Phoenix follows CDC guidelines for health care workers, which may differ from UA campus messaging.
- You may return to campus after you have completed 10 full days of self-isolation. Please see [CDC self-isolation guidelines](#).
- **Report to Campus Health (mandatory)** – You must report your results to Campus Health for contact tracing purposes. The easiest way to do so is by [uploading your positive test results](#) directly. You may also call Campus Health at 520-621-6493. If your COVID test was performed by Campus Health; you may skip this step. Your personal information will not be shared with anyone outside of Campus Health. For more information, please refer to the [Campus Health page](#).
- **Have questions or need help?** – We are all here to support you, please contact us if you have questions or concerns. Your course directors, [Dr Stephanie Briney](#), Student Affairs, [Dr. Paul Standley](#), Years 1-2, and [Dr. Katie Brite-Hillis](#), Years 1-4 Clinical Curriculum, work collaboratively regarding your curriculum and academic progress so please reach out. When possible, we will provide opportunities to participate remotely, for students feeling well enough to do so.

Resources:

- [UA Campus Health COVID page](#).
- [UA Campus Health](#).
- [CDC Covid-19 Symptom Checker](#).

- [University of Arizona Self-Isolation Guide.](#)
- [COVID-19 Testing Sites per Arizona Department of Health.](#)
- [Student exposure policy.](#)