I’ve tested positive for COVID-19. Now what?

Contact your manager and Mary Cote in Human Resources (mcote@bowdoin.edu)

Regardless of vaccination status: ISOLATE

STAY HOME FOR 5 DAYS

NO SYMPTOMS or SYMPTOMS THAT ARE SIGNIFICANTLY RESOLVING AFTER 5 DAYS?

If you have NO symptoms or your symptoms have resolved significantly, including no fever for at least 24 hours without medication, AND you have isolated for 5 full days

WORSENING OR PERSISTENT SYMPTOMS?

If you are still symptomatic on DAY 10 and/or any antigen tests continue to be POSITIVE, please contact your primary care physician. The College will require your PCP to send a note to Mary Cote in Human Resources indicating you are cleared to return to work.

TAKE ONE eMED/NAVICA ONLINE OBSERVED ANTIGEN TEST (sent to you by HR). You will receive instructions and an email from NAVICA with a code you must enter into the app connecting you to Bowdoin College.

If your symptoms have not resolved or they have, but your antigen test on DAY 5 is POSITIVE:

Continue to isolate at home for 2 days through DAY 7 and repeat another eMED antigen test.

If you are still experiencing symptoms or still testing positive on DAY 7, remain home for 10 days. If your symptoms have improved, attend antigen testing at the South entrance of Farley Field House (Mon—Fri, 11:00 am—1:00 pm. Watch for signs!!) If DAY 10 falls on a weekend, test on the following Monday.

If symptoms have resolved and antigen test is NEGATIVE, you may leave isolation but must continue to

Wear a mask in public and on campus for 5 days

If working on campus, you must wear a mask at all times.

If you need to remove your mask to eat/drink, you must be socially distanced from others.

Refrain from campus PCR testing for 30 days from the date you tested POSITIVE!

Adapted for Bowdoin based on flowchart developed by the Maine Center for Disease Control & Prevention, January 5, 2022