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 7 DAYS

NO SYMPTOMS or SYMPTOMS THAT ARE SIGNIFICANTLY RESOLVING AFTER 7 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 7 full days

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 symptoms have not resolved or they have, but your antigen test on DAY 7 is still POSITIVE:

Continue to isolate at home through DAY 10 and repeat another eMED antigen test. You must have a negative antigen test in order to return to work on campus.

WORSENING OR PERSISTENT SYMPTOMS?

If you are still symptomatic on DAY 10 and/or any antigen tests continue to be POSITIVE, please contact Mary Cote in Human Resources. You must have a negative antigen test in order to return to work on campus.

If symptoms have resolved and antigen test is NEGATIVE on day 7, you may leave isolation but must continue to wear a mask in public and on campus through day 10.

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 through day 10.

Refrain from any PCR testing for 60 days from the date you tested POSITIVE!