



If you have already had a positive COVID19 test

COVID-19 is an evolving situation that requires adaptation and flexibility. On July 22, 2020, the [CDC updated guidance](#) regarding the duration of isolation and precautions for adults with COVID-19. On July 24, 2020, the Vermont Department of Health (VDH) updated the [state guidance](#), which would impact previous guidance in the [Safe and Healthy Return to Campus](#). Subsequent discussions between College and VDH officials concluded the following based on the revised guidance:

Students with laboratory confirmed (RT-PCR viral test positive) should provide the Center for Health and Wellness (CHW) with a copy of their test results and date their symptoms (if any) started. This information will be reviewed by CHW staff, and individuals submitting information will be notified of a decision via their Middlebury email by CHW. Individuals meeting the CDC and VDH criteria will not be required to do day 0 or day 7 arrival testing, or targeted dynamic testing, if testing dates fall within 90 days from illness onset or their positive test.

Students (or their healthcare provider's office) can fax a copy of the SARS-CoV-2 RT-PCR viral test result to the CHW, or upload a copy in their student health portal:

CHW fax number: 802-443-2066

Health portal upload:

1. Visit <https://midb.studenthealthportal.com/Account/Logon?ReturnUrl=%2f> to log in.
2. Find and click on the the Document Upload Tab (at the top of the page)
3. Select "Document Type" → "COVID-19 test result"
4. Upload an image of your SARS-CoV-2 RT-PCR viral test result (must be 10 MB or less)
5. Hit "Save" to upload.

Students who have symptoms may not return to Middlebury until they are recovered consistent with the CDC guidelines. Students who test positive within 14 days of their arrival must contact the Center for Health & Wellness to be individually cleared to arrive. Please note that only SARS-CoV-2 RT-PCR viral test results more than 14 days prior to your scheduled arrival and fewer than 90 days old are acceptable in this situation. Other forms of testing such as antibody or antigen tests will not result in a testing exemption, and individuals without a positive SARS-CoV-2 RT-PCR viral test result should plan to follow pre-arrival quarantine and arrival testing procedures.

FAQs for individuals who have had confirmed cases of COVID-19

What is this guidance based on?

- [CDC guidance](#)
- [Vermont Department of Health guidance](#)

What are the 90 day date cut-offs for arrival exemption?

SARS-CoV-2 RT-PCR viral test result and symptom onset should have occurred on or after:

- May 27, 2020 for August 18 arrival
- June 4, 2020 for August 26 arrival
- June 6, 2020 for August 28 arrival

And students must have recovered before returning to Middlebury.

Note: this calculation is based on the 7 day arrival test. Individuals who had a positive SARS-CoV-2 RT-PCR viral test 1 week prior to the cut-off date above can contact the Center for Health and Wellness at 802-443-3290 to speak with a staff member about a day 0 arrival testing exemption. For example, if your prior SARS-CoV-2 RT-PCR viral test was positive on May 22nd, an individual arriving on August 18 would not be tested on Day 0, but would be tested on Day 7.

What if I had a positive SARS-CoV-2 RT-PCR viral test more than 90 days before arrival?

Students in this situation would follow the standard testing procedures in accordance with CDC and VDH guidance.

Should individuals with a positive SARS-CoV-2 RT-PCR viral test in the past 90 days still do a 14-day pre-arrival quarantine?

Yes. Middlebury College is asking all students to do a 14 day pre-arrival quarantine and travel directly to college from the quarantine location while observing physical distancing, excellent hand hygiene, and wearing a face covering per the [RETURN to CAMPUS](#) guidance. These measures further decrease the risk of bringing any illness to campus, including COVID-19. *If the test was within 14 days of your arrival, you must contact the Center for Health & Wellness to be individually cleared to arrive.*

What if I was tested but don't have my results?

If you were tested in the 14 days prior to your scheduled arrival, you may not return if you have any symptoms. If your test was more than 14 days before your arrival, contact the physician that ordered the test. They are required by law to retain those results and should be able to get them to you. If that does not work, contact the lab where the test was performed and ask how you can get a copy of the result. Finally, your primary care office might be able to request the results on your behalf and get the result to you for uploading.

Can I email the results?

Email is not considered an approved method of sending protected health information. Uploading the file will automatically update your health record and is the best method of sending health information and is an approved and protected method of communication. Fax is a back-up strategy that is also approved and considered protected, but it will require some processing to get it into your health record. Please upload if possible.

Should I upload all of my results, including antibody test results?

According to the [CDC guidance](#): *Serologic testing should not be used to establish the presence or absence of SARS-CoV-2 infection or reinfection.* Serologic testing includes antibody tests. You may submit them for your health record; however, they will not influence the decision regarding arrival or other testing.

I am scheduled to come to campus and have travel arrangements and / or training to attend, should I revise my plans at this point?

Students who have had confirmed cases of COVID-19 and have verified confirmation of their test results (see health portal upload instructions) would not be tested upon arrival and would not have to quarantine in their rooms. Campus quarantine and travel restrictions would still apply to all students. For that reason, those students could adjust travel plans to arrive prior to the start of classes or any training they were planning to attend.

We recognize that travel plan adjustments may be difficult or costly, as this guidance is occurring so close to the start of the semester. For that reason, students are not required to adjust their travel plans at this point.

Students adjusting travel plans, after approval of uploaded test confirmation from the Center for Health and Wellness (CHW), should notify their Dean via email.

What if a person who had confirmed COVID-19 becomes symptomatic during this 90-day period?

Individuals should contact their healthcare provider if at home, or the Center for Health and Wellness (CHW) if on campus based on the following [VDH guidance](#):

If such a person becomes symptomatic during this 90-day period and an evaluation fails to identify a diagnosis other than SARS-CoV-2 infection (e.g., influenza), then the person may warrant evaluation for SARS-CoV-2 reinfection in consultation with an infectious disease or infection control expert. Quarantine may be warranted during this evaluation, particularly if symptoms developed after close contact with an infected person.

CHW staff will work with the individual to determine an alternative diagnosis and/ or arrange an infectious disease expert consultation.