If You Have Had a Positive COVID-19 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 be tested within 90 days from illness onset or their positive test unless they become symptomatic.**

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.

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

Please check this link for up to date information on prearrival testing for the Fall semester.

This link provides guidance for individuals with a confirmed case within 90 days.

What is this guidance based on?

- CDC guidance
- Vermont Department of Health Guidance

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.

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.

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 CDC 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 adult likely warrants retesting. Consultation with infectious disease or infection control experts is recommended, especially in the event that symptoms develop within 14 days after close contact with a person infected with SARS-CoV-2. Adults being evaluated for reinfection with SARS-CoV-2 or any potentially transmissible respiratory infection should be isolated under recommended precautions before and during evaluation.*

CHW staff will work with the individual to determine an appropriate diagnosis in consultation with an infectious disease expert.