



Back to School program **FAQ**

Your college or university is engaged in an extensive planning process to ensure that in the coming academic year they will be prepared to provide all students with meaningful educational experiences. With the health and safety of students and employees as our highest priority, we have created a **Back to School program** to help everyone understand their risk of COVID-19 so you can stay focused on your education.

We have compiled the following frequently asked questions to help you better understand the virus and feel more confident about the steps being taken to support you as you return to school during the pandemic.



COVID-19 overview

What is COVID-19?

COVID-19 (formally known as 2019-nCoV) is the name for the respiratory syndrome caused by infection with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The [World Health Organization](#) has declared COVID-19 a pandemic.

What are the symptoms of COVID-19?

Symptoms of COVID-19 may include, but are not limited to, fever, loss of smell, coughing, sore throat, shortness of breath or difficulty breathing, feeling weak or lethargic, chills, muscle pain, lightheadedness or dizziness, headache, vomiting or diarrhea, slurred speech, and/or seizures. Signs and symptoms continue to evolve.

The [Centers for Disease Control and Prevention \(CDC\)](#) offers many resources on COVID-19, including symptoms.

How do I know if I have COVID-19?

If you suspect you may have COVID-19, contact your doctor or an authorized healthcare provider immediately for guidance. Your healthcare provider can review your symptoms to determine what testing is appropriate. If COVID-19 diagnostic testing for active infection makes sense for you, your healthcare provider will direct you where to get tested. Diagnostic testing includes collecting your specimens (for example, nose or throat swab). Your respiratory specimens will be sent to Quest for advanced testing to determine if you are positive for COVID-19 or not.

How do I know if I'm recovered from COVID-19?

Consult with your doctor or healthcare provider. According to the CDC, recovery from COVID-19 is typically considered after it has been at least 10 days from the start of your first symptoms, and at least 3 days without a fever, and all other symptoms have improved. Additionally, an antibody test may be able to detect if you have already been exposed to and produced an immune response to COVID-19—even if you never experienced symptoms.

At this time, it is unknown for how long antibodies will last after infection and if the antibodies will give you protective immunity. Even if you have antibodies, you may still have the virus and be able to infect others for a few weeks.

Find the right COVID-19 test for you

Active infection swab test



This type of test helps to diagnose whether you currently have an active COVID-19 infection. A diagnosis can guide you and your doctor or healthcare provider in treatment planning and help you make an informed decision about isolating to protect your family and friends.

Who can get tested?

Active infection testing may be right for you if you are currently experiencing COVID-19 symptoms or were exposed to the virus in the last 14 days. Common COVID-19 symptoms may include, but are not limited to, fever, cough, and shortness of breath.

How does the test work?

Your doctor or healthcare provider will collect a specimen through a nasal or throat swab. The specimen is then sent to Quest laboratories for processing using either our lab-developed test, a Roche-developed test, or a Hologic-developed test.

Where to get tested?

Contact your doctor or another authorized healthcare provider for guidance on where in your community to get tested for an active infection. (Do not go to a Quest Patient Service Center for this test.)

Antibody blood test



This type of test detects antibodies that show if you have had a prior COVID-19 infection—even if you never experienced symptoms. Detection of antibodies means you may now have some level of immunity to the virus. While the role of antibodies in preventing COVID-19 disease has yet to be established, antibody testing for other respiratory illnesses (SARS, flu) provides insight into immunity to future diseases. Understanding your antibody status helps give you and your doctor or healthcare provider added insight to assist in making an informed decision about returning to school or other activities.

Who can get tested?

Antibody testing is available only to those who are not currently experiencing COVID-19 symptoms and have not experienced symptoms within 10 days. Common COVID-19 symptoms may include, but are not limited to, fever, cough, and shortness of breath.

How does the test work?

If your doctor or healthcare provider has submitted an order for you to get a COVID-19 antibody test or you purchased one through [QuestDirect™](#), you can make an appointment at a Quest Patient Service Center. You do not need to fast for this test. A phlebotomist will draw your blood, and the specimen is then sent to Quest laboratories for processing.

Where to get tested?

You can [make an appointment](#) at a Quest Patient Service Center for an antibody test. However, your doctor or healthcare provider must have submitted an order for your test or you must have purchased one through QuestDirect.

Returning to Campus

In order to reopen campus, university faculty, students, staff, and attendees at any residential programs will be required to have initial, and potentially ongoing, testing.

What steps do I need to take in order to return to my school campus?

First, you will receive an email with a link to an online questionnaire you must complete to determine which test is the right one for you.

If you are high risk, symptomatic, or have been exposed to SARS-CoV-2 (COVID-19):

You will need a diagnostic test to ensure it is safe for you to return to campus. If you suspect you have COVID-19, contact your doctor or healthcare provider. They will direct you on where to get tested. Quest Diagnostics can also help you access this testing through one of our retail collection sites or via a telehealth provider-supervised, home self-collection kit.

High risk according to the CDC:

Based on what we know now, those at high risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease

If you are asymptomatic, have not been exposed to COVID-19, and are not considered high risk:

Your college or university may request that you get an antibody test if you are asymptomatic. You can take the antibody test at a Quest Patient Service Center (PSC) by appointment or by scheduling an in-home visit. Please note you must be symptom-free for at least 10 days in order to have COVID-19 immune response testing performed at Quest PSCs. You must have a doctor's order or order the test through QuestDirect™ to make an appointment for COVID-19 immune response testing. Once the test is ordered, you can make an appointment at a Quest PSC.

How do I find a Patient Service Center?*

You can find the nearest Quest Patient Service Center by searching [here](#). You can also make an appointment and get test results using the [MyQuest®](#) online portal. All Quest PSCs have implemented enhanced safety measures through our Peace of Mind program:

- Special hours for vulnerable patients
- Social distancing
- Required masks and PPE for PSC employees
- More frequent cleaning
- Wait by Text program

How and when do I get my test results?

If you provide a specimen at a Quest PSC, test results are usually available within 3 days, but turnaround time can vary due to high demand. Typically, the quickest way to get your test results is having them sent to you automatically through the secure MyQuest online portal. If you don't already have a MyQuest account, [signing up](#) is free and easy.

Do I have to pay for this testing?

Quest will bill your college or university directly for the cost of student and faculty COVID-19 testing. If you will be responsible for any of the cost for testing, the University will notify you.

What do I do if I test positive for an active COVID-19 infection?

If you test positive for an active infection (PCR), you should contact your local healthcare provider for guidance. You should not return to campus while you have an active infection.

Staying on Campus

Will there be further testing required during the academic year?

Your college or university will carefully monitor the campus population for symptoms and quarantine any active cases. Ongoing testing will be provided as required.

How can I protect myself from contracting COVID-19?

Help protect yourself from COVID-19 with simple prevention methods. The CDC recommends that you:

- Practice social distancing
- Stay home when you are sick
- Clean and disinfect frequently touched surfaces
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue or your forearm/upper arm
- Wash your hands often with soap and water

In addition to the precautions you should take to help protect yourself from contracting COVID-19, your college or university may require all students, faculty, and visitors to wear appropriate personal protective equipment (PPE) in any public situation where social distancing is difficult. You should avoid large gatherings and maintain a distance of 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infection.

What is appropriate PPE for on campus?

The CDC recommends use of non-medical, cloth-based face coverings in public settings where social distancing is difficult. Medical masks should be reserved for healthcare workers.

What should I do if I start experiencing symptoms of COVID-19 while on campus?

If you begin to experience symptoms consistent with those of a COVID-19 infection, contact your doctor or an authorized healthcare provider immediately for guidance. Your healthcare provider can review your symptoms to determine what testing is appropriate.

Returning from breaks

Is testing for COVID-19 required when I return from breaks?

Upon return from all school breaks, your college or university may require you to retake the online questionnaire to determine if it is safe for you to return to campus. This link will be emailed to you.

To learn more, visit [QuestDiagnostics.com/Covid-19](https://www.questdiagnostics.com/covid-19)

The antibody tests (sometimes known as the serology tests or IgG tests) are intended for use as an aid in identifying individuals with an adaptive immune response to SARS-CoV-2, indicating recent or prior infection. Results are for the detection of SARS-CoV-2 antibodies. IgG antibodies to SARS-CoV-2 are generally detectable in blood several days after initial infection, although the duration of time antibodies are present post-infection is not well characterized. At this time, it is unknown for how long antibodies persist following infection and if the presence of antibodies confers protective immunity. Individuals may have detectable virus present for several weeks following seroconversion. Negative results do not preclude acute SARS-CoV-2 infection. If acute infection is suspected, molecular testing for SARS-CoV-2 is necessary. The antibody test should not be used to diagnose acute SARS-CoV-2 infection. False positive results for the antibody test may occur due to cross-reactivity from pre-existing antibodies or other possible causes.

- The antibody tests and the molecular tests (together “All tests”) have not been FDA cleared or approved;
- All tests have been authorized by FDA under EUAs for use by authorized laboratories;
- The antibody tests have been authorized only for the detection of IgG antibodies against SARS-CoV-2, not for any other viruses or pathogens;
- The molecular tests have been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and,
- All tests are only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Act, 21 U.S.C. § 360bbb-3(b)(1), unless the authorization is terminated or revoked sooner.

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[QuestDiagnostics.com](https://www.questdiagnostics.com)

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