



Central Catholic HIGH SCHOOL

Instructions for COVID-19 Testing:

Important Information for who should get tested?

Everyone is **required** to receive a COVID-19 test prior to returning to school (this includes students who are remaining online for learning if you plan to participate in any on-campus activity). The only exceptions are:

- If you have tested positive for COVID-19 in the last **90** days, you will need to obtain and submit documentation of the positive test result and your physician attesting that you are free of symptoms.
- If you have tested positive for COVID-19 in the last **14** days, **do not come to campus**. You are still in the active phase of the virus and could potentially spread it to others.

Prior to testing:

- Step 1 - Follow this link to a set of forms that **must** be filled out in order to receive a COVID-19 test. It is important to fill these out **prior** to the day of testing. https://bit.ly/nwmobiletesting_cc
- Step 2 - To prevent long lines and help maintain social distancing during testing, we are asking you to sign up for an assigned testing time slot. **REFER TO THE EMAIL YOU RECEIVED ON JANUARY 22** and reserve your spot on that specific cohort group sign up.
- Step 3 - Test results will be delivered to you via the NAVICA app on your phone. To get the app go to either the [Apple](#) or [Google Play](#) store. After downloading the NAVICA app create your secure profile so that on the day of testing we will be able to scan your QR code and link it to your test.
- Step 4 - If you have any questions or concerns about the testing process please email: testing@nwmobiletesting.com

Day of Testing:

If you are currently exhibiting any symptoms (*New or worsening cough, fever/chills, muscle aches, headache, sore throat, diarrhea, nausea/vomiting, changes in smell/taste, runny nose/congestion, fatigue, chest pain/pressure, difficulty breathing/shortness of breath*) or have recently been exposed to someone who has tested positive for COVID-19, please let healthreporting@centralcatholichigh.org know and **do not come to campus for testing**.

Safety protocols: You are required to wear a mask at all times while on campus and practice social distancing requirements of maintaining at least six feet from the person in front and behind you. To assist you with this we have spots marked on the floor. Please make use of the hand sanitizer that will be provided. Administrators from Central Catholic will be enforcing all safety guidelines.

Where to enter? Please arrive no more than 5 minutes prior to your reserved time slot as we are doing our best to observe best practices for social distancing and safety protocols. Please enter the building through the set of doors on **Oak Street** and proceed to the check-in table in front of the cafeteria.

What to expect? After you enter the building, you will check-in, confirm your contact number, and be directed to a testing station inside the cafeteria. After your test, you will exit through the back doors of the cafeteria and

exit the building and leave campus. **Please do not stay on campus and mingle.** This is very important for maintaining the health and safety of our community.

What to do after your test? We ask that you stay in the area until you receive a negative test result on the NAVICA app (approximately 30 minutes). See *below* for instructions if you receive a positive test result.

How will you be notified of your result? You will receive a notification through the NAVICA app on your phone approximately 20-30 minutes of receiving your test.

What happens if I get a positive test? In the event you receive a positive test result, NW Mobile Testing will call you on your provided contact number and have you come back to the Oak Street end of the 24th and Stark parking lot. You will see a blue tent that you can park under and wait for a NW Mobile Testing staff member. We will come out to your vehicle and run a second molecular test to confirm the positive Antigen test result. This test can take 1-3 days for the results to return. In the meantime, you will be asked to follow [CDC recommended isolation procedures](#). If you feel sick or develop symptoms of COVID-19, you should contact your health care provider.

What does it mean if I test negative for COVID-19?

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You might test negative if the sample was collected early in your infection and test positive later during your illness. You could also be exposed to COVID-19 after the test and get infected then. This means you could still spread the virus. If you develop symptoms later, you might need another test to determine if you are infected with the virus that causes COVID-19.

It is important to continue to practice safe behavior. Wear a mask over your nose and mouth, practice social distance and stay six feet away from others, avoid crowded spaces, avoid poorly ventilated spaces, wash your hands often, clean and disinfect, and monitor your health daily. For more information on how to protect yourself [please visit](#).

Will I test positive if I have received the COVID-19 vaccination?

No, the vaccine won't cause you to test positive on a COVID-19 viral test, such as the PCR or antigen tests. However, you may test positive for the antibody test, due to developing an immune response. At this time, NW Mobile Testing is not performing antibody testing.