

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. 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** - Attention all freshmen, transfer students, and anyone who did not receive antigen testing on campus last year: 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/3iCdm52>
- **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. Follow this link to the Sign-up genius form and reserve your spot: [CLICK HERE TO REGISTER](#) Please arrive as close as possible to the time of your testing window to prevent lines and reduce wait time.
- **Step 3**- All students are required to fill out the form at this link and bring it with them to antigen testing. Please only fill out one form per family and list siblings on the same form.
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3560B.pdf>
This form gives consent for the school to offer symptom testing through the Oregon Department of Education COVID-19 testing program in K-12 schools when a student presents with symptoms on campus.
- **Step 4** - Test results will be delivered to the school. If you do not hear from the school within 30 minutes of your test, you can assume that your result is negative.
- **Step 5** - 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 three 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 gym doors 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? You will be notified within 30 minutes if you have a positive test result. *See below* for instructions if you receive a positive test result.

How will you be notified of your result? You will only be notified if you have a positive test result.

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 an NW Mobile Testing staff member. We will come out to your vehicle and run a second molecular test (PCR) to confirm the positive Antigen test result. This test can take 1-3 days for the results to be returned. 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 healthcare 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 will not 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.