Additional Information on COVID-19 and Testing

We know you have questions about COVID-19 and testing. Please continue to talk with your supervisor or reach out to the System Offices [Infectious Disease Response Team](#).

Returning to On-Site Work

Do I have to be tested before I come back on-site to work?

- All employees coming back on-site to work will be asked to be tested.

How do I get tested to come back on-site to work?

- First, your supervisor emails [Kelli Linza](#) with the name(s) of each employee scheduled to come back on-site and the date each employee is expected on-site.
- Second, Kelli will contact each employee and schedule a test the week before their planned return.
  - Negative test result: You are allowed to return to work on-site.
  - Positive test result:
    - Contact your primary care provider, let them know you tested positive and ask them what you need to do to recover from COVID-19. Your test result will be reported to county and state health offices.
    - Complete the employee portion of the [TAMUS COVID-19 Reporting Portal](#).
    - Send an email to the System Offices [Infectious Disease Response Team](#) (IDRT) with your contact information.
    - Follow additional information and instructions provided by the IDRT

What else do I need to do when returning to on-site work?

- Complete required TrainTraq courses:
  - [Safe Practices for Returning to the Office During the COVID-19 Pandemic](#)
  - [Protocol and Certification for System Office Employees](#)
- Check yourself for [COVID-19 symptoms](#) every morning before coming on-site. When in doubt, sit it out and stay home!
- Bring a mask.
- Follow [new on-site behaviors](#).

Testing 101

How reliable are the saliva tests?

- The FDA determined that saliva tests and nasopharyngeal swab tests gave the same positive or negative results.

Does a negative result really mean negative?

- Most likely.
- The incubation period for COVID-19 is about 5 to 7 days, but it can take up to 14 days. If you get tested too soon after you are exposed, you might get a false negative test result.

What does the test tell you?

- The saliva tests purchased by the A&M System are designed to detect the genetic material of the virus that causes COVID-19. They do not detect antibodies and can't tell you if you had COVID-19 previously and recovered from it.
- A positive test result means that it is very likely that you had COVID-19 at the time of the test.

Reinfection

If you had COVID-19, can you get it again?

- Current CDC guidance suggests that it is highly unlikely to catch COVID-19 again for at least 3 months after symptoms appear.

Antibodies

If I had COVID-19, is there a difference in the antibodies if I had symptoms or didn't have symptoms?

- No.

If I had COVID-19, should I donate plasma? How do I do that?

- You should consider donating your plasma. Your plasma may have anti-COVID-19 antibodies that can help someone infected with the disease.
- Contact the Red Cross to see if you qualify to donate your plasma.