KOHLER&LEWIS
Mechanical Engineering

**Covid-19 Testing Policy**
April 7, 2022

## Before or During Covid-19

If you have no symptoms, but think you might have been exposed and want to check ...
==> wait 3 days after possible contact, and get a PCR test (only—NOT an antigen test)
If you have any kind of symptoms (see list below) and want to check for covid-19 ...
==> right away, get a PCR test (only—NOT an antigen test)
If you have been sick for a week, and didn't think it was covid-19 and didn't test, but now want to check...
==> you can take either a PCR test or an antigen test—remember, for antigen tests: "The first test should not be taken before the fifth day after symptoms have started" because it usually takes a while for virus levels to rise to a detectable level.

## Repeat Testing

For all of the above tests, a positive result can be counted on. Negative test results from a single test are not reliable, and additional testing is needed.
A negative PCR result will be wrong at least one time out of six. To get a more reliable answer, follow up a negative test with a second one 24 hours later.
A negative antigen result will be wrong at least TWO times out of six. To get a more reliable answer, follow up a negative test with a second one 24 hours later and then a THIRD one 24 hours after that. (https://pubmed.ncbi.nlm.nih.gov/35038598/)

## After Covid-19

If you get covid-19, and want to know when you are no longer contagious before returning to work and social life...
==> take ONLY antigen tests (NOT PCR tests), two or three negative tests 24 hours apart
==> wait at least till Day 6 for your first test

## What Are Symptoms?

"Symptoms can be almost imperceptible.... The key is to determine any differences between how you feel on your best days and right now. ... Symptoms of [Omicron] Covid-19 include fever, shortness of breath, cough, loss of taste or smell, fatigue, body aches, headaches, sore throat, congestion, nausea, vomiting, diarrhea, a scratchy or sore throat, nasal congestion, dry cough, muscle pain including low back pain, ... runny nose and/or headache."
(https://www.vox.com/22883820/am-i-asymptomatic-covid-symptoms-isolation-quarantine)

## Specificity vs. Sensitivity

By the way, if you are looking at research reports on testing, you will encounter these terms:
Specificity means how often the result is positive when it should be—true positives divided by total tests. The higher the number, the fewer false positives.
Sensitivity means how often the result is negative when it should be—true negatives divided by total tests. The higher the number, the fewer false negatives.
You can remember which is which because sPecificity has a P for positive, and seNsitivity has an N for negative.