

FROM: [medical@mit.edu](mailto:medical@mit.edu)  
TO: Undergraduate Students  
DATE: December 23, 2021  
RE: PRE-ARRIVAL TESTING FOR UNDERGRADUATES

As stated in [Tuesday's email](#) to the community about modifying IAP management plans and yesterday's [follow-up email to students](#), **all undergraduates returning to campus after December 30 for IAP or the start of the spring term must test before coming to campus.**

MIT is working with Quest Laboratories to offer students in the US a free rt-PCR COVID test via a mail-in kit. **If you are returning to campus from a location in the US, only these PCR tests will be accepted for pre-arrival testing;** rapid antigen tests (e.g., BinaxNow) and PCR tests from other sources are not acceptable. If you will be returning to campus from a location outside of the US, please see the last section of this email.

To ensure you successfully meet the testing requirement, please read and follow the instructions below.

**What to do now:**

- Register for a test at the [MyQuest](#) portal. You will need your MIT ID number to complete the registration process. If you already have a MyQuest account, you can use your existing account for this testing.
- After you register, you will receive your test kit in the mail. Please note that **it may take 3-5 days for your kit to arrive, so please plan ahead.**
- If you have questions about the registration process, you can contact the Quest Help Desk at (855) 324-7472.

**What to do three days before you travel to MIT:**

- After reading the included instructions, test **three days** before your intended departure date to campus. For example, if you are traveling on Thursday, plan to test on Monday. Note, as tests are only collected by Quest Monday through Friday, if three days prior to your travel day is a weekend day (Saturday or Sunday), test on the Friday before.
- Drop the completed test off at a nearby [FedEx pickup location](#) before 3:00 pm local time.
- If you have any questions about the testing process, please call the number included in the testing kit instructions.
- Results will be available in the [MyQuest](#) portal.

### What to do if you test negative:

- Be cautious during your travels, including minimizing contact with others and wearing a [high quality, well-fitting mask](#).
- Test on campus (e.g., via the COVID Pass system) as soon as you arrive on campus, and then resume your required cadence.

### What to do if you test positive:

- **Isolate and do not come to campus**, even if you indicated you are returning in the [IAP Plans Registry](#). Your ten-day isolation period begins (Day 0) on the day you collected your test sample. When your full isolation period (ten full days) is concluded, you may travel to campus. [Example: For a positive test collected on 12/30/21, you may travel no earlier than 1/10/22.]
- Please notify MIT Medical of your positive test by attesting to a positive test in the COVID Pass app. [Look for "Report Symptoms" on the Medical testing screen.]
- Contact your personal health care provider to let them know you tested positive and seek guidance from them if needed.
- Get plenty of rest and stay well hydrated. You can take over the counter medications to help with symptoms such as fever, body aches, headache and congestion. Seek medical care quickly if you develop shortness of breath, severe cough, or tightness in the chest.

### What to do if you will return to campus from a location outside the US:

- Please upload a copy of your PCR test (preferred) or antigen (acceptable) result and boarding pass to the [international return registry](#) and follow the instructions above if you test positive.
- Test on campus (e.g., via the COVID Pass system) as soon as you arrive on campus, and then resume your required cadence.

Thank you for your assistance with this important portion of our COVID-19 program.

Best regards,

Cecilia Stuopis, MD  
Medical Director, MIT Medical

\*The MIT Atlas app is available for [iOS 13+](#) and [Android 7+](#).

