

Southern Adventist University COVID-19 Quarantine and Isolation Policy



Last updated July 21, 2022

Quarantine, Isolation, and Contact Tracing

The University Health Center (423.236.2713) is responsible for administering Southern's quarantine and isolation plan, with guidance from the Center for Disease Control and Prevention (CDC), Hamilton County Health Department, and Tennessee Department of Health. This policy applies to all Southern students and employees and is subject to change as necessary to comply with updates to CDC and health department recommendations and to fit the fluid situation.

Any student or employee experiencing potential cold, flu, or COVID-19 symptoms: DO NOT GO TO CLASS OR WORK and instead call the University Health Center (423.236.2713) for further assessment and instruction. COVID-19 testing at the University Health Center is free for all students and employees who show symptoms or have been exposed. Students who miss class because of health reasons will not be penalized for their absence.

Potential [COVID-19 Symptoms](#):

- Fever, chills
- Headache
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New onset cough
- Congestion, runny nose
- Nausea, vomiting, diarrhea
- Sore throat
- Loss of sense of taste or smell

Quarantine

Quarantine is the process of separating people who have been exposed to COVID-19 or have symptoms and are waiting on test results. Quarantine helps to prevent the spread of disease that can occur before people know they are sick.

- Any student or employee experiencing symptoms of possible COVID-19 should contact the University Health Center to be tested (employees may opt to contact their primary care provider).
- Any student or employee who has been exposed to the virus should contact the University Health Center for instructions.
 - Those who have completed their COVID-19 vaccine series (2 doses of Pfizer or Moderna or 1 dose of J&J) will not need to quarantine after exposure unless symptomatic.

- Those who have previously had COVID-19 and have proof will not need to quarantine unless symptomatic.
- Those who have documentation of a positive blood IgG COVID antibody test will not need to quarantine unless symptomatic.
- Per the CDC recommendation, all other individuals who have been exposed must quarantine for a minimum of 5 days. Also, Southern requires:
 - Testing for COVID-19 (may be PCR or antigen testing) prior to end of quarantine, with a negative result before leaving quarantine (which may be extended beyond 5 days if results are still pending), and
 - Follow strict masking protocols for an additional 5 days and report any symptoms of illness, should they occur.
- **On-Campus Quarantine:** Students who live on campus will quarantine in their rooms.
 - Students may have the option to quarantine/isolate at home off campus if this can be done safely.
- **Community Quarantine:** When quarantine is necessary for employees or for students who live off campus, they should remain in their own residences for the duration.
 - They must remain at home and off campus, avoiding contact with others as much as possible, during the full length of the quarantine/isolation and will need clearance from the University Health Center to return.
- The duration of quarantine will be determined by the University Health Center.

Isolation

Isolation is the process of separating people who are known to be infected with the virus (both with and without symptoms) from people who are not infected.

Employees and students who test positive for COVID-19 should isolate for 5 days if they are asymptomatic or their symptoms are resolving (without fever for 24 hours and other symptoms are reduced). That will be followed with an additional 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter. There will be no need to test out of isolation. However, isolation may be extended based on the unique symptoms a COVID-positive individual is manifesting.

- **On-Campus Isolation:** On-campus students who test positive for COVID-19 will be transferred to designated isolation facilities on campus.
- **Community Isolation:** Employees and community students who test positive for COVID-19 will be required to isolate at their homes.

Release of Information

- At time of COVID-19 testing, each student or employee will be asked to sign a release allowing pertinent on-campus departments to be notified of this event.
 - When a student enters quarantine or isolation, the Dean of Students will be notified.
 - The student will be responsible for notifying his or her professors for accommodations. If a student is too ill to do so, the Dean of Students will contact the instructors at the student's request.
 - Parents will not automatically be notified by the university; it is up to the student to contact them.
- An employee who enters quarantine or isolation will be responsible for notifying his or her work supervisor and Human Resources; contact Human Resources for the latest information on pay during quarantine and isolation..
- Employees or students who are tested for COVID-19 off campus should contact the University Health Center for instructions on how to proceed.
- The Hamilton County Health Department and the Tennessee Department of Health will be notified of all positive cases in accordance with state law.

Contact Tracing

For those students and employees who test positive for COVID-19, the University Health Center staff will continue to conduct contact tracing within the Southern community, following the guidelines of the Hamilton County Health Department.

This process involves interviewing the COVID-positive individual to establish with whom in the Southern community they have been in close contact. The positive individual will be asked to notify anyone with whom they have been in close contact. Due to confidentiality, Southern will not release the name of the person who tested positive. Southern will not contact possible exposures outside of the Southern campus community.

What is considered “Close Contact” or “Exposure”?

Infection is generally spread through close contact with a sick person. Close contact (also called exposure) is defined as “someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.” This includes, but is not limited to, the following:

- Living in the same household (roommate/housemate/spouse/child/parent) as a person with COVID-19.
- Caring for a person with COVID-19 (not including health care workers who are wearing appropriate PPE).
- Being in direct contact with secretions from a person with COVID-19 (for example, being coughed on, kissing, sharing utensils, etc.).

- Working in small groups or as lab partners with an infected individual.
- Riding in a vehicle with someone who has COVID-19.

Communications

Southern uses email and the university website to communicate official policy updates and essential information to campus. For this reason, it is important that constituents check their Southern-issued email account regularly and consult southern.edu/coronavirus.