



## Interim Health Policies & Practices

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## Interim Health Policies & Practices

### COVID-19 Testing

Testing is the first step, accompanied by contact tracing, isolation or quarantining, and symptomatic treatment for those that test positive for COVID-19. Testing is not a replacement for physical distancing, wearing face coverings, hygiene, and isolation and treatment for those infected.

- Testing is required for all students, faculty, and staff as they return to campus. Faculty and staff will be tested in January and students will be tested upon arrival, then again each week.

### COVID-19 Testing Plan

How will we test?

- Students will be tested when they arrive on campus in December and January. We will enact a phased move-in with assigned time slots in order to administer COVID-19 testing to all students upon arrival. Students will complete appropriate forms and be screened.
- Students who develop COVID-19 related symptoms 2 weeks prior to arrival on campus should not plan to arrive at their scheduled time on campus and should contact their healthcare provider prior to initiating travel to Sewanee. (See below regarding detail on taking classes remotely while away from Sewanee.)
- Testing will consist of a supervised, self-administered nasal swab (anterior nares) test that will be screened for the SARS-CoV-2 virus using RT-qPCR. This RT-qPCR technique has one of the highest levels of detection for viral genomic material that indicates infection with SARS-CoV-2 virus. It is considered the gold standard compared to any other more rapid PCR or antigen tests.
- Once a test is administered, and before the results are known, students will be quarantined to limit their movement and interactions with others. They will be directed to physically distance themselves from others, wear a face covering, and practice effective hygiene.
- All students must arrive according to their schedule, typically between 8 a.m. and 10 a.m. to allow results to be obtained on the day of arrival, typically within 3-4 hours.
- Students may be required to wait for test results in a designated area of campus.

### COVID-19 Testing Results & Reporting

- The Sewanee Molecular Diagnostics Lab, located on campus, will perform our tests.
  - o Employees with positive results will receive a phone call from a Public Health Officer with specific instructions on how to appropriately isolate at home and to contact their healthcare provider for further medical guidance.
  - o Employee results will be maintained in the employee's file at HR.
  - o At move-in, students with negative results will be notified. Students with positive results will receive a phone call from the Public Health staff and will be escorted to an off-campus facility (or return home) to complete an isolation period following CDC guidelines.
  - o Student results are expected to be available within 3-4 hours the same day as arrival prior to moving their belongings into residence halls.

- o Once an individual receives a negative test result, they will be permitted to move into their residence.
- Students who receive a positive test for COVID-19 will be moved to designated University isolation facilities. A student may also return home if desired. During this time, a student can continue classes online from home, and the University will provide IT support to those who need it to the extent possible.
- For an employee or student who has previously tested positive for COVID19, an official lab report documenting your positive COVID19 result must be submitted for review prior to your return to campus. The report must include your full legal name, date of birth, type of test performed and date the sample was collected. Please email reports to [publichealth@sewanee.edu](mailto:publichealth@sewanee.edu). Students and employees with documentation of a previous positive COVID19 result will not need to complete further COVID19 surveillance testing on campus for 90 days following the positive result.

### Face Coverings on Campus Policies

All students, employees, residents of, and visitors to Sewanee are **required** to wear face coverings over their nose and mouth when in public or inside buildings other than private residences, with five exceptions:

1. When they are alone
2. When they are asleep (such as in a residence hall room or hotel room)
3. When they are eating or drinking
4. When they are maintaining a social distance of six feet or more from any other person, and
5. If they have a documented medical condition that precludes their wearing a face covering

Certain events or facilities may have additional masking rules. You should always have a mask with you—and when in doubt, wear your mask. The cloth face coverings recommended are not surgical masks, PPE, medical face masks or respirators. Currently, those are critical supplies that should be reserved for healthcare workers and first responders.

Note: Drinking at a social event does not qualify as a reason to remove a mask; specifically slide the face covering down, take a sip, and properly return the face covering over the mouth and nose.

### Face Covering Details

- In accordance with CDC recommendations, cloth face coverings are NOT surgical masks or N-95 respirators. We must preserve these for health care workers and vulnerable individuals.
- A cloth face covering should:
  - fit snugly but comfortably against the side of the face
  - completely cover the nose and mouth
  - be secured with ties or ear loops
  - include multiple layers of fabric
  - allow for breathing without restriction
  - be able to be laundered and dried without damage or change to shape

- Face coverings, physical distancing, hand-washing, and good personal hygiene are all critical to helping prevent the spread of the coronavirus. This face covering policy is meant to supplement hand-washing and the physical distancing protocol, which requires maintaining a six-foot distance from others whenever possible. Face coverings are not a substitute for physical distancing or hand-washing.
- For more information on how to properly use face coverings, see our [tips on how to wear a face covering](#) and [how to wash cloth face coverings](#).

## Must & Must Not Bring to Campus List

### Must Bring

- Cloth face coverings: Sewanee will provide students and employees with three face coverings, but bring your own, too.
- Tylenol and any over the counter medications routinely taken.
- Adequate supply of prescription medications for the semester, including prescribed inhalers even if only used as needed.
- Outdoor camping chair
- Thermometer

### Must Not Bring

- A futon, bed, sofa or other large furniture
- Anything that cannot fit in a vehicle to return home promptly
- Pets (except as approved)

## Self-Isolation and Self-Quarantine Policies

The CDC defines isolation as separating sick people with a contagious disease from people who are not sick, and quarantine as separating and restricting the movement of people who were exposed to a contagious disease to decrease the possible spread of illness.

- Students, faculty, and staff who have symptoms of respiratory illness must stay home or a designated location determined by Sewanee health professionals until they are free of fever (100.4° F [37.8° C] or greater using an oral or temporal thermometer), signs of a fever, and any other symptoms for at least 72 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).
- Any faculty, staff, or student who has traveled and who experiences fever, cough, or difficulty breathing within 14 days after leaving such location must do one of the following:
  - Students must call the University Wellness Center for patient care.
  - Faculty and staff must call their physician's office for advice and tell them about recent travel and symptoms.
  - Faculty, staff, and students must self-quarantine if their health care provider suspects or tests for COVID-19. The period of self-quarantine should be determined by the treating health care provider in consultation with University Public Health Officers and the TN Health Department.

- Faculty, staff, and students who test positive for COVID-19 must self-isolate for the period of time determined by their health care provider in consultation with University Public Health officers and the TN Health Department, usually 10 days.
- Any student, faculty, or staff member required to self-quarantine or self-isolate must follow the directions of their health care provider and the [CDC's self-isolation recommendations](#).
- Students who are required to self-quarantine or self-isolate must [contact the Dean of Students for undergraduates](#) or the Dean of Community Life for seminarians and their faculty by email for other support and resources.
- Faculty who are required to self-isolate or self-quarantine must contact their dean or department chair to discuss how to handle teaching responsibilities.
- Staff who are required to self-isolate or self-quarantine must contact their supervisor.

#### Isolation and Quarantine Plan and Support

- University health officials will make medical determinations and assign students to either exposure quarantine or COVID-19 positive isolation sites specifically designated for these purposes.
- Arrangements have been made for students to isolate and quarantine at a designated facility near campus. Students also have the option to return home and continue their classes while isolating or quarantining. Note: the University will not reimburse room and board fees for the period of time a student elects to return home voluntarily for this reason. The University can assist with provisions for those who need IT support at home to the extent possible.
- University health professionals will work with all such students to do regular symptom monitoring and will hospitalize anyone who becomes seriously ill.
- University health professionals will refer students who need mental health support to CAPS, Counseling and Psychological Services.
- University health officials will make medical evaluations and release campus residents from quarantine or isolation to return to their campus residence hall when deemed medically appropriate.

#### Student Use of Personal Vehicles Policy

Bringing a vehicle to campus is strongly discouraged, as we aim to limit our undergraduate students being exposed to the virus outside of campus. Use of a student vehicle is limited to essential purposes only. Help us #ProtectTheBubble!

#### Tracing Expectations

The University's tracing policies require the following:

- All of us must minimize our exposure to others as part of our new routines until a vaccine exists.
- All of us must be responsible for knowing and tracking our close contacts with others, daily.
- When a student or employee receives a positive diagnosis, that individual should reveal individuals with whom they had close contact 2 days prior to when they began experiencing symptoms.
- A close contact includes :

- Anyone who was within 6 ft of you, for longer than 15 minutes, without a mask.
- Anyone in direct contact with secretions from a person with COVID-19 (e.g. being sneezed or coughed on, kissing, sharing utensils, etc.)
- Anyone who traveled with you in a vehicle unmasked.
- Anyone who lives in your residence and shares a common room, a shared restroom, or a shared kitchen on your floor.

#### Tracing Follow-up Details & Plan

- The University will ask for the above list of names to verify that contact has been made, and trained University personnel will verify that each close contact who resides in the Sewanee community is notified—students, employees, or community members on the Domain.
- The University will utilize a contact tracing software system to integrate our surveillance and arrival testing system to flag students according to one of three categories:
  - Cleared
  - Quarantine
  - Isolation
- Lists of individuals exposed may also be shared with the Tennessee Health Department for their follow-up as required.

Anyone exposed will be designated as quarantined and required to:

- Stay home or in a designated space until given permission to return by The University's Public Health Officers or designees. The quarantine's duration may vary, but is typically 7 days.
- Self-monitor for symptoms, including:
  - Fever
  - Chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
  - Or any other symptoms of COVID-19
- Avoid contact with people at higher risk for severe illness from COVID-19 and understand that anyone, regardless of age, can be in this category.
- Follow guidance provided by the [CDC](#) or the University Wellness Center should symptoms develop.
- Update their personal tracing information, just in case they develop symptoms or are tested and test positive for COVID-19.

## University Events

Most University events will be cancelled for the Spring semester. On occasions, when we gather for events, the possible presence of asymptomatic COVID-19 positive persons unknowingly spreading the virus is reason for concern. Consequently, the University is enacting the following limitations:

- All precautions should be strictly observed in aspects of environmental hygiene practices and disinfection of all things used
- Face coverings are required for indoor and outdoor events
- Events must have adequate space to maintain 6 feet of physical distance

For planning purposes, the following are necessary clarifications for event organizers:

- Is the event essential? What's the purpose of the event?
- The characteristics of the event's location, size/type, crowd density, etc.
- The number and key characteristics of the expected participants attending the event (age, health status, any travel to the event, etc.)
- The expected interactions among participants occurring during the event (closeness of contact, etc.)
- The expected duration of the event
- Available restroom facilities

## University Student Events

All student organizations hosting events must continue to follow the Undergraduate Student Social Host Policy. In addition, any student event must provide a safety plan for the event consistent with the following requirements:

- Student events must be outdoors and require 6 ft distancing and cloth face coverings, unless an exception is granted by Campus Activities.
- Event sponsors must maintain a list of all attendees to facilitate contact tracing efforts, should they become necessary.
- Individuals waiting to enter a space must maintain 6 feet of physical distance from other individuals in line.
- Similarly, an orderly process must be used to exit spaces so that 6 feet of physical distance can be maintained.
- Event capacities vary by space and are recalculated according to available physical distancing.
- No outdoor student event should exceed 50 people until further notice.
- Students must use the Corq check-in app w/Engage to assist with contact tracing.
- All food and drink provided at events must be pre-packaged and single serve only (no buffet-style or shared items eg. pizza).
- No objects, beverages, or food should be shared between participants of the event.

## University-Sponsored Travel Policy

- The University discourages all non-essential, University-sponsored international and domestic travel, regardless of location, until further notice.

- This policy applies to faculty, staff, and students.
- The University also strongly discourages personal international travel and domestic travel at this time.

#### Use of University Vehicles

- This interim plan assumes that employees and supervisors have reviewed and are prepared to follow the [University's Vehicle Use Policy](#).
- The University has established a policy permitting faculty to take short day-trips for specific classes. A process for reviewing and approving such trips is managed by the Dean of the College.
- Vans must be operated with windows open whenever possible in order to maximize ventilation
- People who are known or suspected to have COVID-19 may not use University vehicles.

#### Passengers

- Occupants of these vehicles should avoid or limit close contact (within 6 ft) with others. The use of larger vehicles such as vans is recommended when feasible to allow greater social (physical) distance between vehicle occupants.
- Vans must be operated at no more than 66% capacity. Students will spread out within vans so as to maximize distance between other passengers. Students will sit on either end of bench seats, and seats between them will be blocked off and left unoccupied.
- A vehicle use log must be maintained by the drivers that includes the date and a list of all passengers.
- All occupants including the driver must wear a [cloth face mask](#) covering the mouth and nose.

#### Sanitization & Prevention

- The driver is responsible for cleaning the vehicle according to the CDC's guidance in [Cleaning and Disinfection for Non-emergency Transport Vehicles](#).

This plan does not apply to emergency vehicles used by the Sewanee Police Department and Sewanee Volunteer Fire Department.

#### Additional Resources:

- CDC Guidelines on [Travel](#)
- [CDC How to Protect Yourself and Others](#)
- [OSHA COVID 19 Control and Prevention](#)