

Southern Adventist University Quarantine and Isolation Plan for Fall 2020

Last revised 8/17/2020

The University Health Center (423.236.2713) is responsible for administering this plan, with guidance from the Center for Disease Control (CDC), Hamilton County Health Department, and Tennessee Department of Health. This policy is subject to change as necessary to comply with updates to CDC/local 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.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps to prevent the spread of disease that can occur before a person knows they are sick. Students who have had close contact with a positive COVID-19 case or who are waiting on COVID-19 test results are required to quarantine.

Students living on campus will be quarantined in designated areas of the residence halls: women in Thatcher Hall and men in Talge Hall. The current plan accommodates up to 60 students, with options for expansion if necessary. Quarantine will be implemented when:

1. A student has been identified with a fever or other symptoms of possible COVID-19. He or she will be tested for COVID-19 and will remain in quarantine until the results are back.
 - a. If negative, University Health Center medical providers will re-evaluate. If symptoms have resolved, the student will return to his or her normal room. If symptoms continue, the student will remain in quarantine and medical providers may consider re-testing in 48 hours.
 - b. If positive, the student will be transferred to Isolation (see below).
2. A student has been identified as a close contact of a known positive. He or she will remain in quarantine for 14 days.

Student Protocols for On-Campus Quarantine:

- Upon being moved to quarantine, students will be given a health kit, a list of what to bring with them, and instructions as to what will be expected of them while in these areas.
- Students who go into quarantine will generally fall into one of the following categories:
 - Someone identified with symptoms and awaiting test results
 - Roommates/housemates of a student who has tested positive
 - Other individuals who have been identified through contact tracing
- Students may have the option to quarantine at home off campus if this can be done safely.
- Students must remain in the designated area during the full length of the quarantine.

- Visitation privileges will be limited to medical personnel and Tennessee Department of Health personnel.
- The Chaplain's Office, Counseling Services, and Residence Life will keep in regular contact with quarantined students through Zoom and other virtual platforms.
- Meals will be delivered.

Students living off campus should quarantine at their own residences. Quarantine will be implemented when:

1. A student has been identified with a fever or other symptoms of possible COVID-19. He or she should be tested for COVID-19 at the University Health Center and will remain in quarantine until the results are back.
 - a. If negative, University Health Center medical providers will re-evaluate. If symptoms have resolved, the student may return to campus. If symptoms continue, the student will remain in quarantine and medical providers may consider re-testing in 48 hours.
 - b. If positive, the student must continue to isolate (see below).
2. A student has been identified as a close contact (such as a classmate/coworker/friend) of a known positive. He or she will remain in quarantine for 14 days. If the close contact who tested positive lives in the same household and is unable to effectively isolate, the student may need to quarantine for up to 24 days, starting from when the close contact's symptoms began or—if asymptomatic—from when the test was administered. The exact duration of quarantine can be determined by speaking with the University Health Center.

Student Protocols for Off-Campus Quarantine:

- Students who need to quarantine will generally fall into one of the following categories:
 - Someone identified with symptoms and awaiting test results
 - Roommates/housemates of a student who has tested positive
 - Other individuals who have been identified through contact tracing
- Students must remain off campus during the full length of the quarantine and will need clearance from the University Health Center to return.
- University Health Center medical personnel are available to offer guidance or further medical evaluation.
- The Chaplain's Office and Counseling Services are available to offer support through Zoom and other virtual platforms.

Isolation is used to separate people infected with COVID-19 (both those with and without symptoms) from people who are not infected.

All students will be required to isolate if they have tested positive. Their time in isolation will be:

- If asymptomatic: 10 days after testing
- If symptomatic: 10 days after onset of symptoms AND 24 hours fever free (without fever reducing medication) and improvement in symptoms

- No testing will be required to leave isolation, but the University Health Center must give clearance to leave isolation or return to campus

Students living on campus who have tested positive for COVID-19 will be housed in the Upper Stateside Apartments. Each apartment has two bedrooms and will be assigned to 2-4 students of the same gender. Under this plan, up to 92 students could be housed in isolation. Students living off campus should isolate in their place of residence.

Student Protocols for On-Campus Isolation:

- Upon being transferred to Isolation, students living on campus will be given a health kit, a list of what to bring with them, and instructions as to what will be expected of them while in these areas.
- Students must remain in the apartment during the full length of their isolation.
- Students may have the option to isolate at home if this can be done safely.
- Visitation privileges will be limited to medical personnel and Tennessee Department of Health personnel; a University Health Center nurse and/or practitioner will visit daily for a temperature check and symptom review.
- The Chaplain's Office, Counseling Services, and Residence Life will keep in regular contact with isolated students through Zoom and other virtual platforms.
- Students in isolation may visit with other students in isolation provided they abide by university rules for visitors of the opposite gender.
- Meals will be delivered.
- If deemed medically appropriate, University Health Center staff will assist the student with obtaining hospital evaluation.

Student Protocols for Off-Campus Isolation:

- Students living off campus must remain at home during the full length of their isolation.
- University Health Center medical personnel are available to offer guidance, further medical evaluation, or assistance obtaining hospital evaluation if deemed medically appropriate.
- The Chaplain's Office and Counseling Services are available to offer support through Zoom and other virtual platforms.

Employees:

- If an employee has had close contact with a known positive case, he or she must remain in quarantine off campus for 14 days. If the close contact who tested positive lives in the same household, the employee may need to quarantine for up to 24 days, starting from when the close contact's symptoms began or—if asymptomatic—from when the test was administered. The exact duration of quarantine can be determined by speaking with the University Health Center.
- If experiencing a fever or other symptoms of possible COVID-19, the employee should contact his or her primary care provider to be tested and remain isolated off campus until

the results are back. (Testing may be done at the University Health Center, but follow up must be done by the employee's primary care provider.)

- If negative, the employee should follow the medical provider's recommendations, including the potential for re-testing if symptoms continue. The employee must remain off campus until given clearance by the medical provider.
 - If positive, the employee must continue to isolate off campus for the following time periods:
 - If asymptomatic: 10 days after testing
 - If symptomatic: 10 days after onset of symptoms AND 24 hours fever free (without fever reducing medication) and improvement in symptoms
 - No testing will be required to leave isolation, but the employee's primary care provider or the Hamilton County Health Department should provide written clearance to return to campus.
 - When entering quarantine or isolation, an employee should contact his or her work supervisor and Human Resources. He or she should also contact the University Health Center and assist with contact tracing.
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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 is put in quarantine or isolation, Lisa Hall, 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, Student Development will contact the instructors at the student's request.
- An employee who is put in quarantine or isolation will be responsible for notifying his or her work supervisor and Human Resources.
- If an employee or student is tested for COVID-19 somewhere besides the University Health Center, they 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.

Symptoms that may lead to testing:

- 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

What is considered “Close Contact”:

Infection is generally spread through close contact with a sick person. Close contact includes:

- Living in the same household (roommate/housemate) as a person with COVID-19.
- Caring for a person with COVID-19 (not including health care workers who are wearing appropriate PPE).
- Being within six feet of a person with COVID-19 for 10 minutes or more, even when wearing a mask.
- Being in direct contact with secretions from a person with COVID-19 (for example, being coughed on, kissing, sharing utensils, etc.).

Once a positive test result is obtained, the Hamilton County Health Department and the Tennessee Department of Health will be contacted. The University Health Center staff will work alongside the health department with contact tracing.

The Center for Disease Control provides more information regarding [quarantine](#) and [isolation](#).