



## **COVID-19 GUIDELINES**

[WWW.CUMBERLAND.EDU/CORONAVIRUS](http://WWW.CUMBERLAND.EDU/CORONAVIRUS)

## Cumberland University COVID 19 Guidelines

The university reserves the right to adapt the following rules and guidelines in response to changing circumstances; if adaptations to what follows are necessary, all changes will be communicated to the university community through official means.

The health and safety of our students, faculty, staff, and community is our top priority. With that in mind, the following guidelines have been developed as a roadmap to keep our community safe, respecting the diversity of thought within our community, acknowledging that we have demographically both lower risk and higher risk individuals and recognizing that individuals in our community are responsible adults capable of making good choices and exercising good judgment for themselves and others in their community.

All available data indicates that the approved vaccines significantly reduce both the probability and severity of infection and the university encourages faculty, staff, and students to be vaccinated.

- Students, faculty, and staff in specific programs and/or schools, such as nursing or educator preparation may be subject to more stringent requirements as deemed necessary by external factors. Individuals who may be affected will be notified by their respective school/program.
- Students, faculty, and staff are expected to follow recommended CDC guidelines.
- Students, faculty, and staff who experience symptoms are expected to report those to university health services ([healthservices@cumberland.edu](mailto:healthservices@cumberland.edu)).
- All are expected to act responsibly, reasonably, and respectfully of others.

This policy will be maintained by Cumberland University and made available on the University's COVID-19 webpage (<https://www.cumberland.edu/coronavirus/>).

### Campus Guidelines:

Cumberland University is committed to providing the best possible on-campus learning experience while simultaneously implementing measures to limit the exposure to the virus. In a university setting, several factors combine to make it unlikely that transmission of COVID-19 can be eliminated while engaged in typical campus activities.

Everyone must be committed to act responsibly, remain agile in handling an ever-changing environment and do our best to manage risk. The University's primary goal will be to keep our students, faculty, and staff safe while delivering an outstanding educational experience.

The following guidelines have been developed by the university as a roadmap to keep our campus community safe. This plan may be revised as needed based on the COVID-19 pandemic, CDC and state and local guidelines.

### Health Services

Cumberland University Health Services should be used as a resource for all COVID-19 health related concerns and questions. If you are experiencing symptoms contact health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu).

On campus health services are available in Labry Hall 127, if this location changes notification will be sent to the university community.

## **Masks and Face Coverings**

Masks are required in McFarland Hall based upon requirements adopted by the Vanderbilt Wilson County Hospital for all students, faculty, and staff.

## **COVID-19 Symptoms, Testing & Quarantine**

### **Symptoms:**

The symptoms of COVID-19 include, but are not limited to:

- Fever
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congested or runny nose
- Nausea, vomiting and/or diarrhea

For an up-to-date list of COVID-19 symptoms, visit the [CDC website here](#).

No matter your vaccination status, if you are experiencing COVID-19 symptoms, you should stay home, away from others and contact health services. Vaccinated individuals can still contract the virus, and therefore should stay home and contact health services for medical guidance.

### **Testing:**

Health services will provide COVID-19 tests for symptomatic students, faculty, and staff. Although it is not recommended that asymptomatic individuals get tested, the health services office will work with any individual that wishes to receive a COVID-19 test. If you are tested for COVID-19 for any reason, you should quarantine until you receive your test results.

### **If you test positive for COVID-19**

No matter your vaccination status, if you test positive for COVID-19 you should quarantine for a minimum of 5 days.

- If you have not already, contact health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu) immediately.
- You must be fever free (without fever reducing medicine) for 24 hours and symptoms improving after the 5th day to be released from quarantine and resume normal activities.
- Wear a mask for days 6-10.

### **Quarantine**

If you are experiencing symptoms of COVID-19, or have tested positive for COVID-19, you may be required to quarantine for a minimum of 5 days.

Specific quarantine requirements will be determined by the University's Health Services or the individual's medical provider.

### **Where do I quarantine?**

There will be no designated quarantine space on campus.

Students that live one-hour or less away from campus and are subject to a quarantine order should quarantine at their residence. Students subject to a quarantine order and who live more than one-hour from campus may quarantine in their assigned dorm room or may undertake the quarantine period at their personal residence.

All students subject to a quarantine order must communicate the location at which that will undertake the quarantine period to Student Housing ([reslife@cumberland.edu](mailto:reslife@cumberland.edu)).

If you are faculty/staff, you will quarantine at your residence, or another off-campus option.

### **Cleaning and Disinfection**

Cumberland University will routinely clean and disinfect all public spaces on campus including but not limited to academic buildings, athletic facilities, residence hall common areas, dining and student facilities and offices. The university will follow CDC guidance on cleaning and disinfection practices. Hand sanitizing stations and face coverings will be available across campus.

### **How to Protect Yourself**

Practicing good personal hygiene is one of the best ways to protect yourself and others against COVID-19. To best protect our campus community, we are encouraging all to:

- Wear a mask at your own discretion.
- Wash your hands frequently: Wash your hands with soap and water for at least 20 seconds and avoid touching your eyes, nose, and mouth with unwashed hands
- Use hand sanitizer: If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Hand sanitizing stations will be available around campus.
- Cover coughs and sneezes: Cover your coughs and sneezes with a tissue, or the inside of your elbow and wash your hands immediately with soap and water for at least 20 seconds
- Clean and disinfect: Clean and disinfect frequently touched areas in your home or office. While the university will routinely clean and disinfect public areas on campus, make sure to disinfect private spaces, such as your residence hall room or off-campus house.
- Monitor your symptoms daily: Pay attention to any new symptoms that develop and stay home, away from others if you are experiencing symptoms. Contact university health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu) to report the onset of symptoms, or for medical guidance.
- Respect others: Some members of the Cumberland community may take additional precautions, please be respectful of others' wishes as it pertains to their personal safety.

### **Questions?**

If you have any questions regarding Cumberland's COVID-19 guidelines, please contact [questions@cumberland.edu](mailto:questions@cumberland.edu).

If you have questions/concerns about individual health matters, please contact [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu).