



## **COVID-19 GUIDELINES**

**Fall 2021**

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

## Cumberland University COVID 19 Guidelines - Fall 2021

After following a year-long hybrid model for the 2020-2021 academic year, Cumberland University is planning a return to a fully on-campus learning model for the Fall 2021 semester. 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 all 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 judgement for themselves and others in their community.

Vaccinations are a key factor in ensuring a successful semester as long as the COVID-19 pandemic continues, and therefore all students, faculty, staff, and visitors are **strongly encouraged** to get an authorized or approved COVID-19 vaccination. All available data indicates that the approved vaccines significantly reduce both the probability and severity of infection.

- The Cumberland campus will be fully open for the Fall 2021 semester, including:
  - Resumption of in-person classes at or near capacity
  - In-person meetings, events, gatherings and activities will resume
  - Fully opened dining services, academic and campus resources
  - A traditional fall academic calendar, including regular semester length and observance of the published university academic calendar
- All students, faculty and staff are required to sign the updated social contract and report their COVID-19 status (vaccinated or not fully vaccinated). The social contract can be found on the last page of this document.
- All students, faculty and staff regardless of COVID-19 status will be expected to wear masks while indoors on campus unless in a residence hall room, a private vehicle, an enclosed office or other private space with no other individuals present or when eating/drinking.
- 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 guidelines for their specific COVID-19 status (fully vaccinated or not fully vaccinated). The guidelines for each of these segments are outlined later in this plan. Reporting or behaving falsely as fully vaccinated is subject disciplinary action up to suspension/termination
- Students, faculty and staff who experience symptoms or are exposed to COVID-19 are expected to report those to university health services ([healthservices@cumberland.edu](mailto:healthservices@cumberland.edu)) and follow recommended medical protocols and guidelines.
- All are expected to act responsibly, reasonably and respectfully of others.

Cumberland will continue to update the [COVID-19 webpage](#) with the most up-to-date protocols as additional information becomes available. The CROP team will continue to monitor the COVID-19 pandemic, CDC and other guidelines and revise this plan as needed.

## **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. We will do many things differently, with the **primary goal** of keeping our students, faculty and staff safe while delivering an outstanding educational experience.

As we return to campus, everyone will be required to report their COVID-19 status (vaccinated or not fully vaccinated). You will be expected to follow the specific guidelines set forth for your COVID-19 status. Your status will be on file with health services, can be updated at any time and will serve as a guide for decisions on necessary COVID-19 precautions.

The following guidelines have been developed by the Campus Reopening Planning (CROP) Team 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. All students, faculty and staff will provide their COVID-19 status to the university, and that will be on file with health services.

If you are experiencing symptoms of COVID-19, or have been exposed to a COVID-19 positive individual, contact health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu).

On campus health services are available in Labry 206.

### **Social Contract**

All students, faculty and staff are required to sign a social contract prior to returning to campus. The social contract explains the behaviors critical to the health of our community and the safety expectations set forth by the university. All students, faculty and staff are required to report their current COVID-19 status on the social contract. Students will sign this agreement when they log into CAMS, and faculty and staff will sign this agreement by logging into their Paycom account.

The social contract can be viewed on the last page of this document.

### **Vaccinations**

All students, faculty and staff are strongly encouraged to become vaccinated prior to arriving on campus for the fall semester. Vaccines against COVID-19 are safe, effective and help protect yourself and those around you by reducing the ability for the virus to continue to develop variants. The ability to remain fully open is dependent on a high rate of vaccination in all members of the Cumberland community.

Cumberland will be offering opportunities to receive the COVID-19 vaccine prior to the start of the academic year and throughout the fall semester. Please check your Cumberland email for more information on vaccine opportunities on campus.

All individuals over the age of 12 are now eligible to receive the vaccine across the state. Use [VaccineFinder](#) to search for and schedule appointments.

### *Exceptions*

While Cumberland University is not requiring vaccines for students, faculty and staff, specific programs and/or schools, such as nursing, may be subject to more stringent requirements as deemed necessary by external factors. Individuals that may be affected by these additional requirements will be notified directly.

### **COVID-19 Status**

Students, faculty and staff are expected to follow the guidelines set forth for their specific COVID-19 status. All students, faculty and staff will fall into one of these categories:

- *Fully vaccinated:* You are considered fully vaccinated two weeks after your second dose of the Pfizer or Moderna vaccine or two weeks after your single dose of the Johnson & Johnson vaccine.
- *Not fully vaccinated:* You are considered not fully vaccinated if you have not received either the Pfizer, Moderna or Johnson & Johnson vaccine, have not received both doses of the Pfizer or Moderna vaccine or it has not been two weeks since the last dose of your vaccination.

Reporting or behaving falsely as a fully vaccinated individual is subject to disciplinary action up to suspension/termination.

### **Fully Vaccinated**

If you are fully vaccinated, meaning it has been two weeks since you received your last dose of a COVID-19 vaccine, you:

- Are expected to wear masks while indoors on campus unless in a residence hall room, a private vehicle, an enclosed office or other private space with no other individuals present.
- Should continue to maintain social distancing when possible.
- If exposed to a COVID-19 positive individual, and are not experiencing symptoms of COVID-19, are not required to follow quarantine procedures.
- If you are experiencing symptoms of COVID-19, you should immediately stay home away from others and contact health services.
- Should continue to practice proper hygiene and act responsibly and respectfully.

### **Not fully vaccinated**

If you are not fully vaccinated, meaning you either have not received a COVID-19 vaccine, or have not received all doses of a vaccine at least two weeks prior, you:

- Are expected to wear masks while indoors on campus unless in a residence hall room, a private vehicle, an enclosed office or other private space with no other individuals present.
- Should continue to maintain social distancing when possible.
- If exposed to a COVID-19 positive individual, whether experiencing symptoms or not, you should immediately stay home, away from others and contact health services.
- If you are experiencing symptoms of COVID-19, you should immediately stay home, away from others and contact health services.

- Should continue to practice proper hygiene and act responsibly and respectfully

## **Masks and Face Coverings**

All are expected to wear masks when indoors on campus unless in a residence hall room, a private vehicle, an enclosed office or other private space with no other individuals present, or while eating/drinking. Masks must be properly worn, covering your nose, mouth and chin area.

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

### **Exposure:**

#### **If you are fully vaccinated and are exposed to a COVID-19 positive individual**

If you are fully vaccinated and are exposed to a COVID-19 positive individual, you should monitor yourself for symptoms of the virus. There is no need to quarantine or get tested for the virus unless an onset of symptoms occurs. If you begin experiencing symptoms of COVID-19, you should stay home away from others and contact health services.

#### **If you are not fully vaccinated and are exposed to a COVID-19 positive individual**

If you are not fully vaccinated and exposed to a COVID-19 positive individual, you should stay home away from others and contact health services. You should follow the guidance from health services, or your physician, and before resuming normal activities, either quarantine for the recommended 10-day period or receive a negative COVID-19 test result. You should monitor yourself for symptoms of the virus and if symptoms begin you should stay home away from others and contact health services.

### **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 <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

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

#### **If you are experiencing symptoms: and have been knowingly exposed to a COVID-19 individual**

- If you have not already, contact health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu) immediately.
- Stay home, away from others while you plan with health services.
- If you are tested for COVID-19, remain in quarantine until test results are received.
- If you are not tested for COVID-19 you should quarantine for 10 days from the occurrence of the known exposure.
- Remain in quarantine until you are fever free, and your symptoms are improving for at least 24 hours.

### **Testing:**

Health services will provide COVID-19 tests for 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 10 days from the date of your COVID-19 test.

- If you have not already, contact health services at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu) immediately.
- If you know the source of the infection, health services will work to contact trace and notify any individuals who may be at risk due to exposure.
- You must be fever free and have improved or no symptoms after the 10th day to be released from quarantine and resume normal activities.

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

No matter your vaccination status, if you test negative for COVID-19 you are immediately able to resume normal activities. If you begin experiencing symptoms of COVID-19 or are exposed to an individual that has tested positive for the virus, you should continue to follow designated guidelines in accordance with your vaccine status.

### **Quarantine**

If you have been exposed to a COVID-19 positive individual, are experiencing symptoms of COVID-19 or have tested positive for COVID-19, you may be required to quarantine for a minimum of 10 days from the date of exposure or the testing date.

If you are fully vaccinated you will not need to quarantine unless you are experiencing symptoms of the virus or have tested positive for COVID-19.

If you are not fully vaccinated, you will need to quarantine for a minimum of 10 days if you are exposed to a COVID-19 positive individual, are experiencing symptoms or have tested positive for COVID-19.

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

With a full return to campus, Cumberland will no longer provide quarantine space on campus. Because all indoor spaces, including residence halls, will be restored to full or near full capacity, no on-campus rooms will be available for students who need to quarantine due to COVID-19 exposure or infection.

Students living on or off campus will need to plan for off-campus quarantine space as needed.

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

### **Contact Tracing**

If university health services is notified of a COVID-19 positive individual within the campus community, measures will be taken to notify those that may have been exposed to the virus within the past 48 hours.

Exposure is defined as:

- Less than 6 feet and
- Longer than 15 minutes and
- Without a mask or face covering.

As outlined in the “Exposure” section above, only not fully vaccinated individuals are required to quarantine in response to a known-exposure of a COVID-19 positive individual.

If you are not fully vaccinated and have been exposed to a COVID-19 positive individual, health services will notify you of the exposure and ask you to quarantine for a minimum of 10 days. If you begin experiencing symptoms of the virus, follow the guidelines above for “If you are experiencing symptoms and have been knowingly exposed to a COVID-19 individual.”

### **Symptom Monitoring**

While Cumberland is not requiring students, faculty and staff to use the daily symptom tracker on the Cumberland App, it is still strongly encouraged that all members of the campus community monitor their own symptoms daily and stay home if you are feeling ill. University health services should be used as a resource to you, whether your symptoms are those of COVID-19 or not. For questions or guidance, you can reach out to health services at any time at [healthservices@cumberland.edu](mailto:healthservices@cumberland.edu).

### **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.

### **Personal Hygiene**

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 while indoors on campus unless in a residence hall room, a private vehicle, an enclosed office or other private space with no other individuals present or while eating/drinking.
- Socially distance yourself where possible: All, but especially those that are not fully vaccinated, should distance themselves from others when possible.
- 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.

### **Accommodations**

Cumberland believes that students receive the best possible education when they can learn face-to-face. As we make a full return to campus, all students enrolled in on-campus programs are expected to return to campus as well. There will be no accommodations made for students enrolled in an on-campus program who wish not to return to in person learning.

Students that are currently enrolled in a fully online or hybrid program can continue distance learning.

Please note that all students, faculty and staff are expected to show agility during this time, and pivot learning and teaching methods as needed as university plans and policies shift.

### **Campus Events and Visitors**

As Cumberland's campus returns to normal capacity, so will campus events. Any event occurring on Cumberland's campus must follow the guidelines set forth in this plan, and it is the responsibility of the event organizers to ensure that all protocols are followed.

As part of the full return to campus, visitors will be allowed on campus, but will be asked to follow the same protocols and policies as students, faculty and staff.

### **Athletics**

Cumberland University athletics will adhere to all guidelines set forth by the university, as well as the NAIA Mid-South Conference. Due to the nature of athletic practices and competitions, Cumberland Athletics has created a set of guidelines for Fall 2021 that is available to view on

<https://www.gocumberlandathletics.com>.

### **Reporting and Communication**

To keep our community informed, Cumberland will provide weekly updates on positive COVID-19 cases within our campus community. Weekly reporting will be based on case data reported to and/or confirmed by university health services.

To monitor accurate COVID-19 cases within our campus community, it is critical that all symptoms, testing and results are reported to health services.

The data will be updated each week at <https://www.cumberland.edu/coronavirus-reporting/> and as circumstances require, Cumberland will communicate directly with the campus community as necessary via your Cumberland email. Please frequently monitor your Cumberland email to stay informed.



## **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).

## Social Contract for Returning to the Cumberland University Campus – Fall 2021

As we, the Cumberland University Community, prepare to return to campus, there are certain behaviors critical to the health and well-being of our fellow Phoenix. To ensure the well-being of myself and others, I commit to:

1. Respecting personal space and practicing social distancing where possible.
2. Practicing good hygiene and regularly disinfecting of my workspace, personal items, and living area.
3. Working to mitigate spread of germs on doors, railings, and other high contact areas.
4. Reporting my COVID-19 status (fully vaccinated/ not fully vaccinated) to the university. Reporting or behaving falsely as a vaccinated individual is subject to discipline up to and including suspension/termination
5. Wearing a mask on campus and following all campus guidelines
6. Self-monitor and if exhibiting COVID-19 symptoms, reporting to healthservices@cumberland.edu and staying home and away from others.
7. Demonstrating flexibility and agility as the situation impacts my work and educational environment.
8. Complying with university isolation and quarantine procedures when necessary, including planning for off campus quarantine space
9. Behaving maturely and responsibly.
10. Extending grace, care, and respect to the opinions and health of others.

I confirm that I:

Have received all doses of an authorized COVID-19 vaccine

Have not received all doses of an authorized COVID-19 vaccine

I understand that, as a member of the Cumberland University community, I will abide by the campus safety expectations set forth in this agreement and acknowledge the potential implications of my failure to do so.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_