

**COVID-19 Policies, Procedures, and Protocols at St. Andrews University,
A branch of Webber International University.
Effective January 1, 2022**

Since the beginning of the COVID-19 outbreak, St. Andrews University, a branch of Webber International University, has followed well researched, scientifically grounded guidance to help mitigate this risk.

Based on current and authoritative government-issued health standards or guidance issued by the State of North Carolina and/or the United States Centers for Disease Control, the following policies and procedures are effective January 1st, 2022, at the residential Laurinburg campus of St. Andrews.

Spring 2022 Return to Campus

The Health and Wellness Center and the Athletic Training Department will keep all health records in a locked and secure place. The Head Athletic Trainer, Natalie High, will keep a list of all faculty, staff, coaches, and students who are fully vaccinated. Faculty, staff, coaches, and students who are fully vaccinated will be issued a bracelet indicating full vaccination that says, “St. Andrews VAX”. The bracelet should be worn daily. Those of full vaccination status are exempt from daily temperature checks.

Vaccination

St. Andrews most strongly encourages all who are medically able to receive the COVID-19 vaccine to do so. Getting vaccinated is a simple act which doesn’t just protect your own health; it helps protect others from the quarantines, isolation, and the cancelation of sporting events, equestrian competitions, and activities which have made a full college experience the last year and a half more difficult. Vaccination also helps protect that segment of our population for whom exposure to COVID-19 is dangerous, indeed even life threatening. If you are contemplating not getting vaccinated, please consider that contracting a highly contagious, sometimes deadly, and yet very highly preventable disease doesn’t just impact you, but can sideline an entire team long enough to cost them a season (the North Carolina State baseball team lost an opportunity to win a national championship), move a class online for weeks, force dozens of people into quarantine, or even lead to you infecting someone for whom COVID-19 is a death sentence.

According to John Hopkins medicine, all three vaccines available in the United States “have been thoroughly tested and found to be safe and effective in preventing severe COVID-19.”¹The United States Centers for Disease Control have categorically stated that “COVID-19 vaccines are safe and effective.”²

¹ <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/is-the-covid19-vaccine-safe>, retrieved 21 July 2021 2:44pm EDT.

² <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html> retrieved 21 July 2021 2:46pm EDT.

If you need assistance in obtaining a vaccination, contact the Office of Health and Wellness, the Office of Student Life, or the Athletic Training Department. The Office of Health and Wellness will issue to any member of the St. Andrews community, upon presentation of a vaccine card indicating fully vaccinated status, a “St. Andrews VAX” wristband.

Faculty, staff, coaches, students, and guests who are not fully vaccinated will be required to take a daily temperature check and wear the corresponding day COVID 19 bracelet which indicates that they have done so. Temperature checks and bracelets are available at the receptionist desk in the Liberal Arts building on the Academic side and in the PE Center on the student side. After two successive temperature checks, anyone with a temperature of 100.4 or above will be isolated for further evaluation and testing.

Face Masks or Coverings

Face masks or coverings are required indoors for all faculty, staff, coaches, students, and guests unless there is a medical exception on file. Masks are not required outdoors.

Face masks will be required in all academic classes for everyone as there will not be social distancing of classroom seating and both vaccinated and unvaccinated people can be transmitters of the virus. Those with documented medical exceptions are not required to wear a mask or face covering.

Those who have not been fully vaccinated, and those who have preexisting conditions which make them especially vulnerable to diseases such as COVID-19, should, for their own protection and the protection of others, evaluate their own circumstances and strongly consider wearing face masks or coverings anytime they are around other people, especially indoors. According to the CDC:

If you’ve been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- To reduce the risk of being infected with the variants and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission (such as academic classrooms).
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

Personal Responsibility

As responsible members of a community, students, faculty, coaches, and staff are expected to self-assess their health before encountering others.

If you have any of these symptoms of COVID-19:

- Fever or chills/Night Sweats
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore/Scratchy throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea⁴

You should:

- Stay home except to get medical care (employees contact your immediate supervisor; students contact the Dean of Student Life or Athletic Training Department to get medical care and/or isolation/quarantine instructions)
- Stay in touch with your doctor
- Separate yourself from other people
- Tell your close contacts [see definition in footnote 5] that they may have been exposed to COVID-19⁵
- Monitor your symptoms
- Get Tested
- Wear a mask over your nose and mouth
- Cover your mouth and nose with a tissue when you cough or sneeze [actually, you should always do this even if you're not sick].
- Throw away used tissues in a lined trash can [this too]
- Clean your hands often [and this]
- Avoid sharing personal household items
- Clean all “high-touch” surfaces every day⁶

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> retrieved 22 July 2021 8:14amEDT

⁵“Close contact” is currently defined as “Someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period.
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>
retrieved 22 July 2021 8:39am

⁶ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> retrieved 22 July 2021

Social Distancing

As of this date, St. Andrews has returned to normal capacity in all areas including classrooms, dining facilities, and sporting events.

Because COVID-19, influenza, and any number of other diseases are spread through close contact, we encourage social distancing (6 ft.) when practical and the wearing of face masks or coverings when this is not possible.

Cleaning and Disinfecting

We will continue our enhanced cleaning and disinfecting protocols.

As has been known for decades and demonstrated once again during the COVID-19 outbreak, personal hygiene, especially consistent and proper handwashing which is “one of the best ways to protect yourself and your family from getting sick”⁷, is an important part of avoiding getting sick.

Isolation and Quarantine

Given what we currently know about COVID-19 and the Omicron variant, the CDC is shortening the recommended time for isolation for the public. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter. The change is motivated by science demonstrating that most of the SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Additionally, CDC is updating the recommended quarantine period for anyone in the general public who is [exposed to COVID-19](#). For people who are **unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted**, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. **If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.**

“Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious. These recommendations do not supersede state, local, tribal, or territorial laws, rules, and regulations, nor do they apply to healthcare workers for whom CDC has [updated guidance](#)”.⁸

Data from South Africa and the United Kingdom demonstrate that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35%. A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older. Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

The following is attributable to CDC Director, Dr. Rochelle Walensky:

“The Omicron variant is spreading quickly and has the potential to impact all facets of our society. CDC’s updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives. Prevention is our best option: get vaccinated, get boosted, wear a mask in public indoor settings in areas of substantial and high community transmission, and take a test before you gather.”

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted
OR
 Completed the primary series of Pfizer or Moderna vaccine within the last 6 months
OR
 Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted
OR
 Completed the primary series of J&J over 2 months ago and are not boosted
OR
 Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

7<https://www.cdc.gov/handwashing/when-how-handwashing.html> retrieved 22 July 2021 8:11am EDT
 8<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html> retrieved 3 January 2022

Contingencies

COVID-19 has not been eradicated and as noted earlier we cannot mandate vaccinations, meaning that quarantine and/or isolation can impact course delivery methods, services provided, and the modes by which they are provided. Students need to be prepared for this possibility. We will neither charge surcharges nor issue refunds if our operations are impacted by COVID-19 or other forces of nature.

Incident Management

The Office of Student Life and Athletic Training Department is the designated contact for all issues related to COVID-19.

Evolution of COVID 19 Guidance

As new information and guidance occurs at CDC or the state of North Carolina, this COVID 19 policy will evolve. As stated at the beginning of this document, St. Andrew follows well researched scientifically grounded guidance to help mitigate this risk. This guidance resulted in ZERO faculty, staff, coaches, or students being hospitalized last year.