

# Southwestern Baptist Theological Seminary

## COVID-19 Response FAQs

*Click on each question to take you that particular response.*

1. [If I live on campus or work for Southwestern and I have been exposed to someone who tested positive for COVID-19, or I am experiencing symptoms of COVID-19, or I was tested for COVID-19, what am I required to do?](#)
2. [If I have symptoms of illness and I test negative for COVID, do I still need to quarantine the full 14 days?](#)
3. [If I am on quarantine because of prolonged exposure to someone that tested positive, but I have no symptoms, can I leave the house to go to the grocery store? Fill my car with gas? Get a pedicure?](#)
4. [If I see someone in my housing area that is suspected or confirmed with COVID-19, how do I report that they are not staying in quarantine? Shouldn't this be reported to someone?](#)
5. [I was told to quarantine due to a contact or due to having COVID-19, when can I go back to work \(or class\)?](#)
6. [What can I expect from the institution if someone on campus has tested positive for COVID-19?](#)
7. [How is the virus spread?](#)
8. [How do I protect myself or my family?](#)
9. [Should I be wearing gloves?](#)
10. [What about social distancing?](#)
11. [How can I prepare to protect myself and others?](#)
12. [What if I know or think that someone in my building or housing area may have COVID-19?](#)
13. [If I have symptoms of illness is it necessary for me to quarantine in a separate part of the house away from the rest of my family who do not have symptoms?](#)
14. [My wife is pregnant. Are there any special COVID-19 precautions that need to be taken?](#)
15. [Can COVID be spread by touching or eating contaminated food?](#)

**1. If I live on campus or work for Southwestern and I have been exposed to someone who tested positive for COVID-19, or I am experiencing symptoms of COVID-19, or I was tested for COVID-19, what am I required to do?**

Any Southwestern employee, campus resident, or active student who has been exposed to someone who tested positive for COVID-19, or is experiencing symptoms of COVID-19, or has been tested for COVID-19 must complete and submit the [SWBTS COVID-19 Symptoms Form](#). The purpose for this is to help us track any occurrences on campus, provide necessary assistance, and to continue to protect the seminary family.

[\[Return to top\]](#)

**2. If I have symptoms of illness and I test negative for COVID, do I still need to quarantine the full 14 days?**

Depending on the type of test, if you test negative with the PCR test, as opposed to the rapid test, then you would not need to continue quarantine. (Click [here](#) for information on the various types of tests.) If you have been told to quarantine, then you should do so for the full 14 days or unless released by your healthcare provider.

[\[Return to top\]](#)

**3. If I am on quarantine because of prolonged exposure to someone that tested positive, but I have no symptoms, can I leave the house to go to the grocery store? Fill my car with gas? Get a pedicure?**

If you are on quarantine because of prolonged exposure to a positive case, then you should NOT leave your home to go anywhere unless it is to the doctor or the hospital, or in the case of some other emergency situation.

[\[Return to top\]](#)

**4. If I see someone in my housing area that is required to quarantine and is not following quarantine procedures, what should I do? Shouldn't this be reported to someone?**

If you are aware of someone who is not following required quarantine procedures, please email the COVID-19 Task Force at [covid19@swbts.edu](mailto:covid19@swbts.edu).

[\[Return to top\]](#)

**5. I was told to quarantine due to a contact or due to having COVID-19, when can I go back to work (or class)?**

The CDC recommends the following:

**In general, persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
- At least 10 days have passed *since symptoms first appeared*.

If you were only exposed to a case, but never had any symptoms, then the quarantine period is 14 days.

**FOR SOUTHWESTERN EMPLOYEES AND STUDENTS: If you have tested positive for COVID-19, whether a student or employee, you must obtain a negative COVID-19 test before returning to work or class.** [\[Return to top\]](#)

## 6. What can I expect from the institution if someone on campus has tested positive for COVID-19?

- Southwestern follows State, County and other appropriate health guidelines on how to deal with such outbreaks. This includes reporting positive tests to the county public health department and working with them on tracing contacts.
- The campus will be notified through email or other official communication of any confirmed COVID-19 cases.
- An attempt will be made to contact any person within the Southwestern community that is known to have had direct contact with someone on campus who has tested positive for COVID-19. [\[Return to top\]](#)

## 7. How is the virus spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in **close contact** with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms. [\[Return to top\]](#)

## 8. How do I protect myself or my family?

1. Know how it spreads
2. Everyone Should:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- It's especially important to wash:
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After blowing your nose, coughing, or sneezing
  - After handling your face covering
  - After changing a diaper
  - After caring for someone sick
  - After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### 3. Avoid close contact

- Inside your home: Avoid close contact with people who are sick.
  - If possible, maintain **6 feet** between the person who is sick and other household members.
- Outside your home: Put **6 feet** of distance between yourself and people who don't live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least **6 feet** (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

### 4. Cover your mouth and nose with a face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- **The face cover is meant to protect other people in case you are infected.**
- Everyone should wear a face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
  - Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. **The face cover is not a substitute for social distancing.**

### 5. Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## 6. Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

## 7. Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
  - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop or contact your personal healthcare provider.

[\[Return to top\]](#)

## 9. Should I be wearing gloves?

For the general public, CDC recommends wearing gloves when you are cleaning or caring for someone who is sick.

In most other situations, like running errands, wearing gloves is not necessary. Instead, practice everyday preventive actions like keeping social distance (at least 6 feet) from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a face covering when you have to go out in public. [\[Return to top\]](#)

## 10. What about Social Distancing?

When going out in public, it is important to stay at least 6 feet away from other people and wear a face covering to slow the spread of COVID-19. Consider the following tips for practicing social distancing when you decide to go out.

- **Know Before You Go:** Before going out, know and follow the guidance from local public health authorities where you live.
- **Prepare for Transportation:** Consider social distancing options to travel safely when running errands or commuting to and from work, whether walking, bicycling, wheelchair rolling, or using public transit, rideshares, or taxis. When using public transit, try to keep at least 6 feet from other passengers or transit operators – for example, when you are waiting at a bus station or selecting seats on a bus or train. When using rideshares or taxis, avoid pooled rides where multiple passengers are picked up, and sit in the back seat in larger vehicles so you can remain at least 6 feet away from the driver. Follow these additional tips to protect yourself while using transportation.
- **Limit Contact When Running Errands:** Only visit stores selling household essentials in person when you absolutely need to and stay at least 6 feet away from others who are not from your household while shopping and in lines. If possible, use drive-thru, curbside pick-up, or delivery services to limit face-to-face contact with others. Maintain physical distance between yourself and delivery service providers during exchanges and wear a face covering.
- **Choose Safe Social Activities:** It is possible to stay socially connected with friends and family who don't live in your home by calling, using video chat, or staying connected through social media. If meeting others in person (e.g., at small outdoor gatherings, yard or driveway gathering with a small group of friends or family members), stay at least 6 feet from others who are not from your household. Follow these steps to stay safe if you will be participating in personal and social activities outside of your home.
- **Keep Distance at Events and Gatherings:** It is safest to avoid crowded places and gatherings where it may be difficult to stay at least 6 feet away from others who are not from your household. If you are in a crowded space, try to keep 6 feet of space between yourself and others at all times, and wear a face covering. Face coverings are especially important in times when physical distancing is difficult. Pay attention to any physical guides, such as tape markings on floors or signs on walls, directing attendees to remain at least 6 feet apart from each other in lines or at other times. Allow other people 6 feet of space when you pass by them in both indoor and outdoor settings.
- **Stay Distanced While Being Active:** Consider going for a walk, bike ride, or wheelchair roll in your neighborhood or in another safe location where you can maintain at least 6 feet of distance between yourself and other pedestrians and cyclists. If you decide to visit a nearby park, trail, or recreational facility, first check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least 6 feet of space between yourself and other people who are not from your household.

[\[Return to top\]](#)

## 11. How can I prepare to protect myself and others?

- Follow the guidance and directives on community gatherings from your state and local health departments.
- Encourage social distancing by asking others to stay at least 6 feet (2 meters) apart from others and wear face coverings in any shared spaces.
- Consider any special needs or accommodations for those who need to take extra precautions, such as older adults, people with disabilities, and people of any age who have serious underlying medical conditions.
- Limit staff entering residents' rooms or living quarters unless it is necessary. Use virtual communications and check-ins (phone or video chat), as appropriate.
- Limit the presence of non-essential volunteers and visitors in shared areas, when possible.
- Keep up-to-date lists of medical conditions and medications, and periodically check to ensure you have a sufficient supply of prescription and over-the-counter medications.
- You can contact your healthcare provider to ask about getting extra necessary medications to have on hand for a longer period of time, or to consider using a mail-order option for medications.
- If you live alone, seek out a “buddy” who will check on and help care for you and safely make sure you are getting basic necessities, including food and household essentials.

[\[Return to top\]](#)

## 12. What if I know or think that someone in my building or housing area may have COVID-19?

- Any student, campus resident, staff or employee who has been exposed to someone who is positive for COVID-19, has COVID-19 like symptoms, or has been tested for COVID-19 must complete the [SWBTS COVID-19 Symptoms Form](#)
- Encourage the resident to seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.
- Encourage residents with COVID-19 symptoms and their roommates and close contacts to self-isolate – limit their use of shared spaces as much as possible.
- Those who have been in close contact (i.e., less than 6 feet (2 meters) with a resident who has confirmed or suspected COVID-19 should monitor their health and call their healthcare provider if they develop symptoms suggestive of COVID-19. If you have NOT been in close contact with someone with confirmed or suspected COVID-19 then you should continue life as normal under these guidelines.

[\[Return to top\]](#)

**13.If I have symptoms of illness is it necessary for me to quarantine in a separate part of the house away from the rest of my family who do not have symptoms?**

It would be ideal for you to quarantine in a separate area, but this may not be practical due to space limitations. Your family has already been exposed to you and so quarantining in a separate location may not be as helpful to them. [\[Return to top\]](#)

**14.My wife is pregnant. Are there any special COVID-19 precautions that need to be taken?**

There are no **special** precautions that need to be taken during pregnancy. She should take normal precautions for the prevention of the illness. This includes normal handwashing, cleaning, disinfecting, social distancing, and face coverings when out and around others. Should she develop any symptoms she should immediately contact her obstetrician or healthcare provider. [\[Return to top\]](#)

**15. Can COVID be spread by touching or eating contaminated food?**

Food in the United States is not normally contaminated by the coronavirus. It would be difficulty to even determine if food is contaminated with the coronavirus that causes COVID-19. This should not be a problem. [\[Return to top\]](#)