



COVID-19 Endemic Guidelines

Winthrop University's COVID-19 mitigation strategy relies on each member of the university making a commitment to personal awareness of their own health and a shared responsibility to the health of the entire Eagle family. The following recommendations are aligned with the guidance of the Centers for Disease Control and Prevention ([CDC](#)) and South Carolina Department of Health and Environmental Control ([SCDHEC](#)). These guidelines are intended to help Winthrop Eagles manage their own health and protect the health of others.

STEPS TO PREVENT THE SPREAD OF COVID

IF SICK, it is recommended that you...

- Get tested! Take a COVID-19 test at Health Services or a medical facility (at home test results are not accepted for students).
- Stay home and isolate, as you are able.
- Monitor your symptoms.
- Wear a high-quality mask around others.

IF POSITIVE, please...

- Isolate for 5 days from the onset of symptoms, or if asymptomatic, from the date of your positive test.
- Follow CDC guidelines - [Isolation and Precautions for People with COVID-19 | CDC](#)
- If you are high risk for severe illness, contact your healthcare professional.
- Submit your medical provider's note to the [Student Absence Notification 2023-2024 \(office.com\)](#) form. Health Services will now provide a medical note to students and the student is responsible for submitting to the Student Absence Notification form, as well as employers, coaches, etc.
- Employees, notify your supervisor and enter appropriate sick leave.

IF EXPOSED, it is recommended that you...

- Wear a mask when around others for 10 days.
- Get tested immediately if you are symptomatic or 5 days after exposure if you do not have symptoms.
- Monitor symptoms for the full 10 days and test again on day 10.
- You can continue to go to work/class, but be sure to wear your mask.

ISOLATION IN SHARED LIVING SPACES

Effective January 5, 2024, a student who is COVID positive may remain in on-campus housing. Oftentimes this means the student with COVID will have to isolate in the same room as their healthy roommate. It's important to remember that students usually remain in on-campus shared rooms/apartments while recovering from many different contagious illnesses, not just COVID.

While it is not always possible to fully separate yourself from a roommate while isolating, there are steps you can take to mitigate the spread of illness in community living environments.

Recommendations for Shared Living Spaces when one Student has a Contagious Illness (COVID, Flu, Etc.)

- Mask with a high quality mask when you are in the room together.
- Use ventilating fans to increase air circulation in the room. Air purifiers may also be helpful.
- Clean and disinfect frequently touched surfaces and objects daily (tables, countertops, light switches, door knobs, faucets, cabinet handles, smartphones, laptops, remotes, etc.)
- If you share a bathroom, clean and disinfect after use. Use totes and caddies to avoid your personal items touching countertops and carry these totes back to your personal space rather than leaving it in the common areas.
- Use your own hand or face towels.
- If you share a sleeping space, arrange beds so that you have as much space between beds as possible.
- If sharing food or drinks, use separate serving dishes or cups (i.e. rather than sticking your hand into a bag of chips, pour into an individual bowl).
- If you do come in contact with shared surfaces or items, wash your hands thoroughly afterwards.
- Do not invite any guests to your room until the isolation period has ended.
- If living on campus, students who test positive for a contagious illness can pick up to-go meals from the dining hall or other retail location (be sure to wear your mask and request gloves when you get your to-go box at the dining hall) or have a roommate/friend pick up your meal for you (you will need to provide your ID card and a copy of your medical note/absence verification to your roommate/friend).
- If your roommate has tested positive and you are still well, minimize your time spent in your room. Take advantage of study spaces and hang out areas around campus.