Princeton Theological Seminary Health & Wellness Guidelines
Fall 2022

Dear Seminary Community,

With much hope and anticipation, we look forward to welcoming you on campus for the 2022-2023 academic year. We continue to be mindful of the reality of the pandemic and make efforts to protect the health of our community, even as we are grateful that we can safely return to more normal rhythms of work and community life.

The health and wellness team is in regular communication with our local public health officials and closely follows rates of COVID-19 in our community and region. The following health guidelines are prepared in accordance with CDC protocols and counsel from public health officials and local conditions.

These protocols may change as conditions require over the course of the year, and we will update you as necessary.

PTS Health & Wellness Advisory Group
Amy Ehlin, chair
Rachael Battaglia
Tom Chester
Shawn Oliver
Anne Stewart
Janel Stucky
Yedea Walker

Vaccination
Vaccination against COVID-19 is required for all students, faculty, and staff unless a medical or religious exemption has been given. Fully vaccinated is defined as having received a primary series of the vaccine and a subsequent booster. Those who are eligible to receive a second booster are encouraged to do so.

All campus visitors are expected to be fully vaccinated.
Masks

At this time, masks will be optional on campus. If conditions change throughout the year, we may update this policy as necessary.

We encourage individuals to make decisions in the best interests of their own health and context. The CDC guidelines based on COVID-19 community levels may help to inform your individual health choices:

At Medium or High Community Levels
- If you are at high risk for getting very sick, wear a well-fitting mask or respirator.
- If you have household or social contact with someone at high risk getting very sick, consider self-testing to detect infection before contact and consider wearing a mask when indoors with them.

At High Community Level
- Individuals are encouraged to wear a well-fitting mask or respirator.
- If you are high risk for getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

The Seminary wholeheartedly supports anyone who chooses to wear a mask for any reason. We have instituted this mask policy with the expectation that all members of the Seminary community will be understanding of individual situations and choices.

On the guidance of our local public health department and since the Seminary is a highly vaccinated community, all individuals are subject to the same masking guidelines regardless of vaccination status.

Reporting Positive Test Results

Even in a fully vaccinated community, a positive test for COVID-19 is still possible.

If you test positive for COVID-19, please complete the COVID-19 Notification Form. Positive test results will be reported to the health and wellness coordinator. These results will be confidential. Employees should also contact their direct supervisor and Human Resources at human.resources@ptsem.edu.

Please visit the CDC website for more information if you test positive.
Protocols for Quarantine and Isolation

What do I do if I have been exposed or am a close contact?
- You do not need to quarantine but wear a mask indoors and around others for 10 days.
- Take a COVID test on day 5, if possible.
- If you develop symptoms, get a test and stay home.

What do I do if I test positive?
- Stay home in isolation for 5 days.
- Please fill out the Covid Notification form.
- After 5 days, if you are fever free for 24 hours and have mild or resolving symptoms, you may return to work and/or class on day 6. Continue to wear a mask indoors and around others through day 10.
- If you have a fever, continue to stay home until your fever resolves.
- A negative test is not required to return to work and/or class.

When you have COVID-19, isolation is counted in days, as follows:
If you had no symptoms
- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the clock restarts at **day 0 on the day of symptom onset**

If you had symptoms
- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your symptoms started
Missing Class or Work due to COVID-19

Students who have tested positive for COVID-19 should not attend class. If you will be absent from multiple classes, you should notify the Dean of the Chapel/Vice President for Student Life (DeanofStudentLife@ptsem.edu).

Employees who have tested positive for COVID-19 should notify their supervisor of their need to be absent from work. Employees who are absent for over 3 days will be eligible for salary continuation as described in the Employees Handbook (see Disability Leaves of Absence). HR is available to assist supervisors and employees who have questions about recording their time.

Anyone who has questions about what symptoms might be concerning for them should email health@ptsem.edu

Contact Tracing

You are encouraged but not required to alert those with whom you have been in close contact in the 2 – 3 days prior to testing positive for COVID. Your close contacts will not necessarily receive a phone call or an email from the health team that they have been identified as a close contact of someone who tested positive. Our health team will monitor for clusters of cases, outbreaks, and evidence of ongoing transmission.

The CDC defines a close contact as anyone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread COVID-19 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date).

Information for Your Close Contacts

When sharing with a contact that you have tested positive, you can give them the following guidance:

- Regardless of vaccination status, they do not need to quarantine
- Individuals should wear a mask indoors and around others for 10 days from the date of last contact
- They should monitor how they are feeling for the next several days
- It is recommended to get tested on day 5 after exposure
- They should stay home if they develop symptoms

Those who test positive and are members of the Seminary community should notify the health team through the Covid Notification form.
**Events and Gatherings**
All guests are expected to adhere to the Seminary’s current health and wellness guidelines, including being fully vaccinated and boosted, if eligible.

Individual departments planning an event on campus may choose to follow stricter guidelines. If you are planning an event, please consult the Office of Hospitality and Event Services to review best practices.

**Emotional and Spiritual Wellbeing**
Though we look forward to the semester with anticipation and gratitude, we understand that this continues to be a stressful season. We ask that you please commit to being a community of welcome, kindness, patience, and grace. For anyone who needs support, we invite you to reach out to Wanda Sevey, Director of Student Counseling, or John Huh, Dean of the Chapel/Vice President for Student Life. There are many avenues for support and encouragement.

**Key contacts for support:**
- **Office of Student Counseling**
  - Rev. Wanda Sevey
  - Director of Student Counseling: Counseling@ptsem.edu
- **Chapel Office**
  - Rev. Dr. John Huh
  - DeanofStudentLife@ptsem.edu
- **Office of Student Life**
  - Rev. Yedea Walker
  - StudentRelations@ptsem.edu

**Health and Wellness Coordinator**
We are pleased to welcome Rachael Battaglia to our team as our Health and Wellness Coordinator. In this capacity, she will be available as a resource for questions and a point of contact for any members of our community who test positive. Rachael will monitor submissions of the COVID notification form and will provide support as necessary. Rachael can be reached at health@ptsem.edu.

Rachael is a licensed registered nurse based in Pittsburgh, Pennsylvania, and has worked in the medical field for the past 15 years.

Janel Stucky, who is a nurse in the local public schools, will serve as Health and Wellness Consultant. In this role she will remain in close contact with our local public health officials, monitor CDC guidelines, follow COVID-19 community levels and CALI scores, and provide recommendations for policies as we navigate this next season.
Monkeypox
The CDC is continuously tracking the outbreak of monkeypox that has spread across several countries, including the United States.

We have been in conversation with local public health officials about the monkeypox virus and want to provide you with the most up-to-date information available to us.

Monkeypox can spread to any individual from anyone who has the virus through direct contact with rashes, scabs; respiratory droplets from face-to-face interactions; or close, intimate contact.

Anyone who thinks they may have been exposed to monkeypox or who has symptoms of monkeypox should consult with a healthcare provider.

Please visit the link below for further information including vaccination locations within our region.

[Department of Health for the State of New Jersey | Homepage (nj.gov)]