



ECU Student Health Services

Division of Student Affairs

<http://www.ecu.edu/studenthealth>

1000 East 5th Street • Greenville, NC 27858 • Phone (252) 328-6841 • Fax (252) 328-0462
myPIRATEchart <https://ecu.medicatconnect.com/>

Assessing Your Risk from an Exposure to COVID-19

Individuals who have been in close contact with someone who has COVID-19 may need to take steps to quarantine themselves to protect others. What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes cumulatively over a 24 hour period
- You provided care at home to someone who is sick with COVID-19
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Quarantine differs from isolation:

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
- **Isolation** separates people who are infected with the virus away from people who are not infected.

Vaccination

Fully vaccinated individuals do NOT need to quarantine or test if exposed to COVID-19 unless they develop symptoms. Students should upload a copy of their vaccination card to myPIRATEchart at <https://ecu.medicatconnect.com/>

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

Do's and Don'ts for Quarantined Individuals

- Do not attend in person class or any in person campus event.*
- Please refrain from posting about your exposure on social media, as posting may insight panic.
- Do inform Campus Living if you live on campus and you are quarantined due to an exposure.*
- Do complete the [COVID Self Report in Pirate Port](#)
 - This will alert your faculty that are unable to attend class due to quarantine. This report also goes to ECU SHS and Dean of Students office, to provide campus resources to you.

***It is a code of conduct violation for you to attend any in person class or campus event or to remain in your regular Campus Living housing assignment while you are in isolation or quarantine.**



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Tracking

- If you have notified ECU SHS that you are in quarantine, you should expect to be contacted regularly to monitor your symptoms and assist you as needed.
- You may also be contacted by contact tracers or the local health department to discuss your exposure.
- You may also receive a call from the Dean of Students office to assist you with resources.

Ending Quarantine

The timeframe for ending quarantine depends on your exposure situation, whether you were tested, and information regarding your health history. ECU SHS can help you determine when you have met the criteria for ending quarantine and resuming regular activities. As always, when quarantine is over, it is still recommended that you follow good prevention practices such as social distancing, wearing a mask/face covering when in public, frequent hand washing, and limiting public/crowded areas.

Worried about an exposure?

- Review the attached information to assess your risk.
- If after reviewing this you feel you have had an exposure, or if you have any questions or concerns, please contact ECU Student Health Services at (252) 328-6841 or email gotquestions@ecu.edu.
- ECU Student Health Services is open M-F from 8-5. If you have an exposure after hours, please quarantine and contact our office the next business day. As always, you can contact our free, after hours nurse line by calling 252-328-6841.

Testing Information

COVID-19 testing charges will be filed to private insurance first if we have your insurance information on file. We file most insurances— we currently cannot file government sponsored insurances and some Medishare Plans. Any balance unpaid by insurance will be charged to a student's cashier account. Results will be sent to you securely through your myPIRATEchart account. If testing is recommended for you following an exposure, an appointment can be scheduled with ECU Student Health Services.



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In the Classroom: How Faculty Can Help

- **Keep consistent partners and attendance.** In cases of courses where individuals need to partner, create a consistent buddy system and keep attendance. If you are asked to provide attendance rosters for certain dates, please provide the entire roster. You will not be asked about individual student attendance.
- **Upload vaccine cards.** Have you been vaccinated against COVID? If so, upload your vaccine card to myPIRATEchart <https://ecu.medicatconnect.com/> and encourage students to do the same. Individuals who are two weeks post vaccination will not have to quarantine if deemed a close exposure.
- **Let us communicate regarding COVID.** Should an individual disclose they are positive or a close contact, remain calm. Encourage the individual to complete a self-report in PiratePort and let us assume responsibility for further communication. Do not ask your class to quarantine. Even if someone in your class was diagnosed with COVID, it does not necessarily mean the class was exposed. Do not require testing or advise students regarding testing.
- **Encourage “Answering The Call”.** If anyone affiliated with ECU receives a phone call from contact tracing, please answer the call/return the call. All information is confidential.
- **Reach out to campus resources.** Have further questions about a classroom issue or possible COVID exposure? E-mail Student Health Services at gotquestions@ecu.edu

Campus Resources

ECU Student Health Services
ECU Dean of Students Office
ECU Campus Living
Pitt County Public Health Center

(252) 328-6841
(252) 328-9297
(252) 328-4663
(252) 902-2300

gotquestions@ecu.edu
DOS@ecu.edu
campuslivingcovid@ecu.edu



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Examples of social, academic, and clinical exposures:

<p>COVID-19 + person (friend, patient, classmate, etc):</p> <p>√ <u>Mask/face covering</u> <i>OR</i> × <u>No mask/ no face covering</u></p> <p>You:</p> <p>√ <u>Mask</u> <i>AND</i> √ <u>Face shield</u></p>	<ul style="list-style-type: none"> • No quarantine or extra precautions needed • No missed class or work time • Continue good practices of social distancing, wearing a mask/face covering, frequent hand washing • Continue to wear applicable PPE if in clinical settings
<p>COVID-19 + person (friend, patient, classmate, etc):</p> <p>√ <u>Mask/face covering</u></p> <p>You:</p> <p>√ <u>Mask/face covering</u></p>	<ul style="list-style-type: none"> • No quarantine or extra precautions needed • No missed class or work time • Continue good practices of social distancing, wearing a mask/face covering, frequent hand washing • Continue to wear applicable PPE if in clinical settings
<p>COVID-19 + person (friend, patient, classmate, etc):</p> <p>× <u>No mask/face covering</u></p> <p>You:</p> <p>√ <u>Mask/face covering</u></p>	<ul style="list-style-type: none"> • If you had close contact with that person, stay home and quarantine • Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 • Testing may be advised on quarantine day 6; if negative, your health care provider may release you from quarantine after day 7 • If no testing is done and you remain symptom-free, your quarantine can end after day 10 from the date you had contact with that person



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Examples of household exposures:

<p>I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.</p>	<ul style="list-style-type: none"> • Stay home and quarantine • Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 • Testing may be advised on quarantine day 6; if negative, your health care provider may release you from quarantine after day 7 • If no testing is done and you remain symptom-free, your quarantine can end after day 10 from when the person with COVID-19 began home isolation.
<p>I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact, but now we've had close contact again or another member of the house is sick.</p>	<ul style="list-style-type: none"> • Stay home and quarantine • Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 • Testing may be advised on quarantine day 6; if negative, your health care provider may release you from quarantine after day 7 • You will need to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine. If no testing is done and you remain symptom-free, your quarantine can end after day 10 from any close contact with any COVID-19 infected persons in your house.
<p>I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.</p>	<ul style="list-style-type: none"> • Stay home and quarantine • Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 • Testing may be advised on day 6 after the COVID-19 infected person you are caring for is released from home isolation; if negative, your health care provider may release you from quarantine after day 7 • If no testing is done and you remain symptom-free, your quarantine can end after day 10 from when the COVID-19 infected person was released from home isolation by their health care provider.



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Testing Positive for COVID-19/Isolation Information

Isolate: Stay home except to get medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Avoid public transportation,** student transportation, ridesharing, or taxis.

Separate yourself from other people

- **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people.

Clean your hands often/disinfect surfaces

- **Clean your hands** often with soap and water for at least 20 seconds (best option) or use hand sanitizer with at least 60% alcohol. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom such as phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, etc.

When to Seek Emergency Medical Attention

Look for emergency warning signs for COVID-19. If you are showing any of these, seek emergency medical care immediately:

Trouble breathing
New confusion
Bluish lips or face

Persistent pain or pressure in the chest
Inability to wake or stay awake

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Do's and Don'ts

- Do not attend in person class or any in person campus event.*
- Please refrain from posting about your exposure on social media, as posting may insight panic.
- Do inform Campus Living if you live on campus and you have tested positive for COVID-19.*
- Do complete the [COVID Self Report in Pirate Port](#)

All information is based on current CDC guidelines, which are subject to change.
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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Tracking

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- You may also receive a call from the Dean of Students office to assist you with resources.

Ending Isolation:

Isolation ends per CDC guidelines when the following has been met:

- Symptomatic case: At least 24 hours have passed since your recovery, defined as resolution of fever without use of fever reducing medication along with improvement of symptoms and at least 10 days have passed since symptoms first appeared.
- Asymptomatic case: At least 10 days have passed since your test.

People with conditions that weaken their immune system, or those in certain situations where they will be around vulnerable populations, might need to stay home longer than 10 days. Talk to your healthcare provider for more information.

If you are being followed by ECU SHS, you will receive a letter in your MyPirateChart stating you can return to class/ clinical; is your responsibility to present this information to your faculty. If you are not being tracked by ECU SHS, you will need to obtain a letter from your healthcare provider stating you have met CDC guidelines to return.