



ECU Student Health Services

Division of Student Affairs
<https://studenthealth.ecu.edu/>

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 protect themselves and 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.

To help you determine next steps following an exposure, please [visit the CDC Exposure Guidance](#). Please note, as of August 2022, vaccination status does not factor into the recommendations for exposed individuals.

Do's and Don'ts for Exposed Individuals

- Do wear a mask as soon as you find out you were exposed to someone with COVID-19. Day 1 is the first full day after your last exposure. Continue wearing your mask any time you are around others for 10 full days.
- Don't go out or attend any campus events if you begin to develop symptoms of COVID-19. If you do experience any symptoms, isolate yourself immediately and test by home test or contact a medical provider for testing.
- Do test on day 6 if you remain without symptoms. If negative, continue to wear your mask and monitor for symptoms for a full 10 days.
- If you do test positive, isolate yourself, fill out the COVID-19 [Self Reporting form on PiratePort](#).

Testing Information

Testing due to exposure, no symptoms: Home tests are available for purchase at the SHS pharmacy and other retail pharmacies. Many retail pharmacies also offer testing appointments.

Testing due to illness/COVID-19 symptoms: Students can contact SHS at (252) 328-6841 during business hours; employees should e-mail employeehealthcovid@ecu.edu. Home tests are available for purchase at the SHS pharmacy and other retail pharmacies. Many retail pharmacies also offer testing appointments.

Testing charges at SHS will be filed to private insurance first if we have insurance information on file. We file most insurances; we currently cannot file government sponsored insurances and some Medicare Plans. Any balance unpaid by insurance will be charged to a student's cashier account.

Please note, if you are experiencing symptoms of COVID-19 but test negative on a home test, please re-test 48 hours after your initial negative test. [Guidance on using home tests for COVID-19 is available for more information.](#)



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In the Classroom: How Faculty Can Help

- Should an individual disclose they have tested positive for COVID-19, remain calm. Encourage the individual to complete a self-report in PiratePort. Do not ask your class to quarantine. Even if someone in your class was diagnosed with COVID-19, it does not necessarily mean the class was exposed. Do not require testing or advise students regarding testing.
- For questions about classroom management, please refer to your department chair.
- Have further questions? E-mail Student Health Services at gotquestions@ecu.edu

Campus Resources

ECU Student Health Services	(252) 328-6841	gotquestions@ecu.edu
ECU Dean of Students Office	(252) 328-9297	DOS@ecu.edu
ECU Campus Living	(252) 328-4663	
Pitt County Public Health Center	(252) 902-2300	pitthealth@pittcountync.gov



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Testing Positive for COVID-19/Isolation Information

If you live in a residence hall:

- Complete the [COVID Self Report in Pirate Port](#) to alert your faculty that are unable to attend class due to isolation. Keep in mind this is not an official University excuse, but faculty are asked to consider the self-report when determining attendance/missed assignments.
- Do not attend any in person campus events or utilize campus transit.
- You will need to return home for your isolation period.
- For those unable to return home or isolate off-campus, the University will allow you to isolate in your residence hall room (leaving only for food pick-up and medical care while wearing a mask). Students should wear a mask while using the restroom facilities or while in their rooms with their roommates.
- There is no longer any special campus housing for quarantine or isolation.

If you live off-campus:

- Complete the [COVID Self Report in Pirate Port](#) to alert your faculty that are unable to attend class due to isolation. Keep in mind this is not an official University excuse, but faculty are asked to consider the self-report when determining attendance/missed assignments.
- Do not attend any in person campus events or utilize campus transit.
- You will need to remain off-campus for your isolation period.

Isolation information:

- **Stay in.** Do not visit public areas or attend events.
- **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.
- **As much as possible, stay away from other people.** If you need to be around other people wear a close-fitting mask.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with others.
- **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 medical attention

Most people with COVID-19 have mild illness and can recover at home without medical care. However, if you have worsening symptoms, feel you need to be evaluated by a medical provider, or would like to talk to a nurse for medical advice, please call Student Health Services at (252) 328-6841.



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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.

Ending Isolation:

To help you determine your end of isolation period, please [visit the CDC Isolation and Precautions for People with COVID-19](#).

Please note: ECU SHS no longer automatically provides clearance documentation. If you tested positive with ECU SHS and need a letter stating you can return to class/clinical, you should request one by e-mailing GotQuestions@ecu.edu or by calling our office (252) 328-6841 during business hours. For other questions about class clearances, please contact our office.