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.

*All information is based on current CDC guidelines, which are subject to change.*
Look for emergency warning signs for COVID-19. If you are showing any of these, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- 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](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

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.