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
This will alert your faculty that are unable to attend class due to isolation. 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.

- Scan QR for a quick link to PiratePort for the COVID Self Reporting form.

### Tracking

- If you have notified ECU SHS or filled out the COVID self-reporting form, 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.
- 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; it 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.

All information is based on current CDC guidelines, which are subject to change.