



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/>

Respiratory Virus Information

Respiratory viruses, such as COVID-19, influenza (flu), and respiratory syncytial virus (RSV) are commonly spread in communities and on college campuses.

As of March 2024, the Centers for Disease Control (CDC) has updated guidance on what to do if you or someone you are in close contact with is sick with, or tests positive for, one of the common respiratory viruses.

This guidance replaces previous COVID-19 recommendations that included a 5-day isolation period.

Updated CDC guidance for COVID-19, flu, and RSV infections:

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.*

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene, masks](#), [physical distancing](#), and/or [testing when you](#) will be around other people indoors.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

*Symptoms may include but are not limited to chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue (tiredness), fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing.

Students Who Test Positive/Diagnosed with COVID-19 or Flu:

- Follow the above advice from CDC
- Fill out the COVID-19 or Flu [Self Reporting form on PiratePort](#).

All information is based on current CDC guidelines, which are subject to change:
<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>



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Testing Information

Home tests for COVID-19 are available for purchase at the SHS pharmacy and other retail pharmacies. Many retail pharmacies also offer testing appointments.

Students who are ill and feel they need to see a health care provider can contact SHS at (252) 328-6841 during business hours; SHS can perform testing for common respiratory viruses based upon symptoms and duration of illness. 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 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.](#)

When To Seek Medical Attention

Most people with respiratory viruses 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.

Look for emergency warning signs with respiratory viruses. 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 put chin to chest |

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

In the Classroom: How Faculty Can Help

- Should an individual disclose they have tested positive for COVID-19 or flu, remain calm. Encourage the individual to complete a self-report in PiratePort. 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

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