



## ECU Student Health Services

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

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

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### **Assessing Your Risk from an Exposure to COVID-19 for Employees**

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, wear a mask, 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 Status**

- If you were Exposed to COVID-19 and are unvaccinated **OR** fully vaccinated > 6 mo. ago with Pfizer or Moderna vaccine or > 2 mo. ago with J&J vaccine:
  - Stay Home Day 1-5
  - Test if possible, Day 5
  - Continue to wear a mask around others Day 6-10
- If you were Exposed to COVID-19 **AND** Boosted
  - Wear a mask around others for 10 days.
  - Test if possible, Day 5

#### **Do's and Don'ts for Unvaccinated Quarantined Individuals**

- Do not attend in person class or any in person campus event.\*
- Do notify the Office of Prospective Health if you need to quarantine (252) 744-2070.

#### **Tracking**

- You may also be contacted by contact tracers or the local health department to discuss your exposure.

*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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### Ending Quarantine

The timeframe for ending quarantine depends on your exposure situation, whether you were tested, and information regarding your health history. Your health care provider 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 Prospective Health at (252) 744-2070.

### In the Classroom: How Faculty Can Help if you have a positive in your classroom

- **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.
- **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](mailto:gotquestions@ecu.edu)

### **Campus Resources**

ECU Student Health Services	(252) 328-6841	<a href="mailto:gotquestions@ecu.edu">gotquestions@ecu.edu</a>
ECU Dean of Students Office	(252) 328-9297	<a href="mailto:DOS@ecu.edu">DOS@ecu.edu</a>
ECU Campus Living	(252) 328-4663	<a href="mailto:campuslivingcovid@ecu.edu">campuslivingcovid@ecu.edu</a>
Pitt County Public Health Center	(252) 902-2300	

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### Examples of social, academic, and clinical exposures:

<p><b>COVID-19 + person (friend, patient, classmate, etc):</b></p> <p>√ <u>Mask/face covering</u>  <i>OR</i>      × <u>No mask/ no face covering</u></p> <p><b>You:</b></p> <p>√ <u>Mask</u>  <i>AND</i>      √ <u>Face shield</u></p>	<ul style="list-style-type: none"> <li>• No quarantine or extra precautions needed</li> <li>• No missed class or work time</li> <li>• Continue good practices of social distancing, wearing amask/face covering, frequent hand washing</li> <li>• Continue to wear applicable PPE if in clinical settings</li> </ul>
<p><b>COVID-19 + person (friend, patient, classmate, etc):</b></p> <p>√ <u>Mask/face covering</u></p> <p><b>You:</b></p> <p>√ <u>Mask/face covering</u></p>	<ul style="list-style-type: none"> <li>• No quarantine or extra precautions needed</li> <li>• No missed class or work time</li> <li>• Continue good practices of social distancing, wearing amask/face covering, frequent hand washing</li> <li>• Continue to wear applicable PPE if in clinical settings</li> </ul>
<p><b>COVID-19 + person (friend, patient, classmate, etc):</b></p> <p>× <u>No mask/face covering</u></p> <p><b>You:</b></p> <p>√ <u>Mask/face covering</u></p>	<ul style="list-style-type: none"> <li>• Follow guidance above under Vaccination Status.</li> <li>• Test if possible, on Day 5</li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. May test sooner than Day 5 if having symptoms.</li> <li>• If no testing is done and you remain symptom-free, wear your mask for 10 full days from last date of contact with the positive person.</li> </ul>



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### Examples of household exposures:

<p><b>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.</b></p>	<ul style="list-style-type: none"> <li>• If you had close contact with that person, follow guidance above under Vaccination Status.</li> <li>• Test if possible, on Day 5</li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. May test sooner than Day 5 if having symptoms.</li> <li>• If no testing is done and you remain symptom-free, wear your mask for 10 full days from last date of contact with the positive person.</li> </ul>
<p><b>I live with someone who has COVID-19 and started my quarantine period because we had close contact, but now we've had close contact again or another member of the house is sick.</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Follow guidance above under Vaccination Status.</li> <li>• Test if possible, on Day 5</li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. May test sooner than Day 5 if having symptoms.</li> <li>• If no testing is done and you remain symptom-free, wear your mask for 10 full days from last date of contact with the positive person.</li> </ul>
<p><b>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.</b></p>	<ul style="list-style-type: none"> <li>• Your date of last contact starts from the day the COVID-19 infected person was released from home isolation by their health care provider.</li> <li>• Follow guidance above under Vaccination Status.</li> <li>• Test if possible, on Day 5</li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. May test sooner than Day 5 if having symptoms.</li> <li>• If no testing is done and you remain symptom-free, wear your mask for 10 full days from last date of contact with the positive person.</li> </ul>

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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.\*
- Do Notify the Office of Prospective Health if you need to isolate (252) 744-2070



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### **Tracking**

- You may also be contacted by contact tracers or the local health department.

### **Ending Isolation:**

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

- Symptomatic case: Stay home for 5 days after your first day of symptoms. If you have no symptoms or your symptoms are resolving after 5 days of isolation, you can leave your house-continue to wear a mask around others Day 6-10.
- Asymptomatic case: Stay home for 5 days after the date of your test. If you continue to not have symptoms after 5 days of isolation, you can leave your house-continue to wear a mask around others Day 6-10. If you develop symptoms, then you will need to restart isolation 5 days from the date of symptom onset.

*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. Talk to your healthcare provider for more information.*

Updated 01/06/22