

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 <u>visit the CDC Exposure Guidance</u>. 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

To arrange a testing appointment, students can contact ECU Student Health Services at (252) 328-6841; employees should contact Prospective Health at (252) 744-2020.

COVID-19 testing charges 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. Results will be sent securely through myPIRATEchart account.

Please note, if you are experiencing symptoms of COVID-19 but test negative on a home test, please retest 48 hours after your initial negative test. <u>Guidance on using home tests for COVID-19 is available for more information.</u>



ECU Student Health Services

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

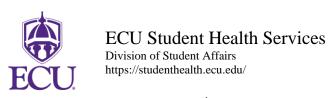
1000 East 5th Street • Greenville, NC 27858 • Phone (252) 328-6841 • Fax (252) 328-0462 myPIRATEchart https://ecu.medicatconnect.com/

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	campuslivingcovid@ecu.edu
Pitt County Public Health Center	(252) 902-2300	pitthealth@pittcountync.gov



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

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.



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/

Do's and Don'ts for Isolated Individuals

- Do not attend any in person campus events or utilize campus transit.
- Do inform Campus Living if you live on campus and you have tested positive for COVID (either by a medical provider or through a home test).
- Do complete the <u>COVID Self Report in Pirate Port</u> to alert your faculty that are unable to attend class due to isolation.

Ending Isolation:

To help you determine your end of isolation period, please visit the CDC Isolation and Precautions Information.

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.