



## ECU Student Health Services

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

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

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### **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 [visit the CDC Exposure Guidance](#). 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 re-test 48 hours after your initial negative test. [Guidance on using home tests for COVID-19 is available for more information.](#)



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### **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](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	<a href="mailto:pitthealth@pittcountync.gov">pitthealth@pittcountync.gov</a>



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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.*



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### **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 [COVID Self Report in Pirate Port](#) 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](mailto:GotQuestions@ecu.edu) or by calling our office (252) 328-6841 during business hours. For other questions about class clearances, please contact our office.