Assessing Your Risk from an Exposure to COVID-19

Anyone who has been in close contact with someone who has COVID-19 needs 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
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- 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, 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.

Testing Information

ECU SHS performs a nasopharyngeal swab test for COVID-19 infection. It is not painful but can be an uncomfortable sensation that makes your eyes water or elicits a cough. Testing charges will be filed to private insurance first if we have your insurance information on file. We file most insurances—we currently cannot file government sponsored insurances and some Medishare Plans. Any balance unpaid by insurance will be charged to a student’s cashier account. Results will be sent to you securely through your myPIRATEchart account, usually within 2-3 business days. If testing is recommended for you following an exposure, an appointment can be scheduled with ECU Student Health Services by emailing gotquestions@ecu.edu

All information is based on current CDC guidelines, which are subject to change.
For any questions about exposures not listed in this information sheet, please contact ECU Student Health Services at (252)328-6841 or email gotquestions@ecu.edu

Examples of exposures

| I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend). | • Stay home and quarantine  
• Notify ECU Student Health Services during business hours  
• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19  
• Testing may be advised on quarantine day 6; if negative, your health care provider may release you early from quarantine  
• If no testing is done, your last day of quarantine is 14 days from the date you had close contact |
|---|---|
| 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. | • Stay home and quarantine  
• Notify ECU Student Health Services during business hours  
• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19  
• Testing may be advised on quarantine day 6; if negative, your health care provider may release you early from quarantine  
• If no testing is done, your last day of quarantine is 14 days from when the person with COVID-19 began home isolation. |
| I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact, but now we’ve had close contact again or another member of the house is sick. | • Stay home and quarantine  
• Notify ECU Student Health Services during business hours  
• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19  
• Testing may be advised on quarantine day 6; if negative, your health care provider may release you early from quarantine  
• You will have 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. If no testing is done, your last day of quarantine would be 14 days from any close contact with any COVID-19 infected persons in your house. |

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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.

- Stay home and quarantine
- Notify ECU Student Health Services during business hours
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- Testing may be advised on day 6 after the COVID-19 infected person you are caring for is released from home isolation. If no testing is done, your last day of quarantine would be 14 days when the COVID-19 infected person was released from home isolation by their health care provider.

For clinical students:

<table>
<thead>
<tr>
<th>COVID-19 + patient:</th>
<th>No quarantine or extra precautions needed. No missed class or work time.</th>
</tr>
</thead>
<tbody>
<tr>
<td>masked OR unmasked</td>
<td>- Continue to wear applicable PPE in clinical settings</td>
</tr>
<tr>
<td>You:</td>
<td></td>
</tr>
<tr>
<td>masked AND face shield</td>
<td></td>
</tr>
<tr>
<td>COVID-19 + patient:</td>
<td>No quarantine or extra precautions needed. No missed class or work time.</td>
</tr>
<tr>
<td>masked</td>
<td>- Continue to wear applicable PPE in clinical settings</td>
</tr>
<tr>
<td>You:</td>
<td></td>
</tr>
<tr>
<td>mask only</td>
<td></td>
</tr>
<tr>
<td>COVID-19 + patient:</td>
<td>Stay home and quarantine</td>
</tr>
<tr>
<td>Unmasked</td>
<td>- Notify ECU Student Health Services during business hours</td>
</tr>
<tr>
<td>You:</td>
<td>- Watch for fever (100.4°F), cough, shortness of breath, or other</td>
</tr>
<tr>
<td>mask only</td>
<td>symptoms of COVID-19</td>
</tr>
<tr>
<td></td>
<td>- Testing may be advised on quarantine day 6; if negative, your health</td>
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<td></td>
<td>care provider may release you early from quarantine</td>
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<td></td>
<td>- If no testing is done, your last day of quarantine is 14 days from the</td>
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<tr>
<td></td>
<td>date you had contact with that patient</td>
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</tbody>
</table>

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If you test + for COVID-19:

Tracking

You should expect to be contacted by SHS daily through secure, messaging or by phone (if you were diagnosed at SHS or have contacted SHS to let them know you are COVID-19 +). You should also expect to be contacted by the local health department to discuss your exposure.

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

- At least 3 days (72 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

OR

- If you were asymptomatic, at least 10 days have passed since your test

If you are being followed by SHS you will receive a letter in your MyPirateChart stating you are free to return to class/clinical. It is your responsibility to present this information to your faculty.

If you are not being tracked by SHS you will need to obtain a letter from your healthcare provider stating you have met CDC guidelines to return to clinic.

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