If You **Tested Positive** for COVID-19

**Isolate for five days**.* Then, do the following:

- **Are you experiencing symptoms or a fever?**
  - **No symptoms or fever**
    - You may leave isolation. Continue wearing a mask around others for five additional days.
  - **Symptoms gone or improving/no fever**
    - Continue to stay in isolation until the fever has been gone for at least 24 hours after completing your five-day isolation. Wear a mask for an additional five days after this period.
  - **Still have fever/symptoms not improving**
    - Continue to stay in isolation until the fever has been gone for at least 24 hours after completing your five-day isolation. Wear a mask for an additional five days after this period.

* Day 0 is the day you began feeling symptoms or the day on which you tested positive (whichever occurred first).

If You Have **Been Exposed** to Someone With COVID-19

**Have you been vaccinated?**

- **No**
  - **Quarantine for five days**. It is recommended that you get tested after five days.
  - You may continue normal activities while wearing a mask for five additional days.
  - You may leave isolation. Continue wearing a mask around others for five additional days.
  - Continue to stay in isolation until the fever has been gone for at least 24 hours after completing your five-day isolation. Wear a mask for an additional five days after this period.

- **Yes; eligible for booster but not boosted**
  - **Yes; boosted or not eligible**
    - You do not need to quarantine. However, you should wear a mask and get tested on the fifth day if possible.
  - **Quarantine for five days**.
    - It is recommended that you get tested after five days.
    - You may continue normal activities while wearing a mask for five additional days.
    - **Positive test result**
      - You may continue normal activities while wearing a mask for five additional days.
    - **Negative test result**
      - You may continue normal activities while wearing a mask for five additional days.

**Day 0** is the day you were exposed to COVID-19.

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**Further Guidance**

The following resources at East Carolina University® provide further guidance on steps you can take to protect yourself and others.

**Centers for Disease Control and Prevention**

**Office of Prospective Health**
employeehealthcovid@ecu.edu

**ECU Student Health Services**
studenthealth.ecu.edu
252-328-6841