Concerns About COVID-19
GUIDANCE FOR QUARANTINE AND ISOLATION: SPRING SEMESTER 2022

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
Symptoms gone or improving/no fever
Still have fever/symptoms not improving

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.

If You Have Been Exposed to Someone With COVID-19

Have you been vaccinated?

Yes; eligible for booster but not boosted
Yes; boosted or not eligible

No
Quarantine for five days**. It is recommended that you get tested after five days.

Positive test result
Did not get tested
Negative test result

You do not need to quarantine. However, you should wear a mask and get tested on the fifth day if possible.

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.

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
www.cdc.gov/coronavirus/2019-ncov

Office of Prospective Health
employeehealthcovid@ecu.edu

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

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

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