

COVID-19 Self-Guide for ECC Students

Keep Yourself, Your Classmates, and Your Campus Safe (Updated 12/2/20)

The purpose of this self-guide is to help you make decisions about seeking appropriate medical care, keeping others safe, and protecting your campus community. This tool is intended only for East Central College students and is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19.

ECC'S COVID CONTACT: COVID@EASTCENTRAL.EDU OR 636-234-3199

COVID-19 can cause any one or more of the following symptoms:

Fever*/Chills	Difficulty Breathing	Headache	Congestion/Runny Nose
Cough	Fatigue	New Loss of Taste/Smell	Nausea/Vomiting
Shortness of Breath	Muscle/Body Aches	Sore Throat	Diarrhea

***Fever** is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F or higher.

****Close Contact** is defined as being within 6 ft of an individual for 15 minutes or longer.

I HAVE TESTED POSITIVE...		I HAVE HAD CLOSE CONTACT...	
<ul style="list-style-type: none"> Isolate yourself until your criteria to end home isolation is complete. DO NOT COME TO CAMPUS while in isolation. Contact your instructor(s). If possible, continue your course(s) remotely through this isolation period. Keep your instructor(s) updated about your ability to progress and work closely with them to consider options available to you to continue your course(s). Contact ECC's COVID Contact. Keep track of your symptoms. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately. Criteria to End Home Isolation: Follow Local Public Health Authority (LPHA) guidance. For mild cases, you can be with others after 10 days since symptoms first appeared AND 24 hours with no fever AND respiratory symptoms have improved (e.g. cough, shortness of breath). 		<ul style="list-style-type: none"> Quarantine (stay home for 14 days after last exposure based on the time it takes to develop illness) and contact your medical provider. A negative test doesn't change this. DO NOT COME TO CAMPUS while in quarantine. Contact your instructor(s) to arrange to continue your course(s) remotely through the quarantine period. Contact ECC's COVID Contact to report your quarantine. Always maintain social distance (at least 6 feet) from others and avoid contact with people at higher risk for severe illness from COVID-19. Self-monitor for symptoms by checking your temperature twice a day and watch for fever, cough, shortness of breath, or other symptoms listed above. If you develop symptoms, contact your medical provider or LPHA to see if you meet criteria to be tested for COVID-19. 	
I HAVE ONE OR MORE OF THESE SYMPTOMS BUT...			
<p>I have had no known contact with an individual who has tested positive for COVID-19.</p>		<ul style="list-style-type: none"> Stay home and DO NOT COME TO CAMPUS if you are experiencing COVID-like symptoms. Contact your instructor(s) to arrange to continue your course(s). Keep track of your symptoms. If you are symptom free for 24 hours, without medications, you may return to campus. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately. Contact your medical provider or LPHA to see if you meet criteria to be tested for COVID-19. Contact ECC's COVID Contact if you have questions, if symptoms persist, or if you or someone in your household tests positive for COVID-19. 	
I DO NOT HAVE ANY SYMPTOMS AND...			
<p>I live with someone who does not have symptoms but has had close contact** with an individual who has tested positive for COVID-19</p> <p>— OR —</p> <p>I have interacted with an individual who has symptoms OR has tested positive for COVID-19 but I have not had close contact** with them.</p>		<ul style="list-style-type: none"> Self-monitor for symptoms for 14 days by checking your temperature twice a day and watch for fever, cough, shortness of breath, or other symptoms listed above. You may continue coming to campus as long as symptoms do not develop AND no one in your household tests positive for COVID-19. Always maintain social distance (at least 6 feet) from others and avoid contact with people at higher risk for severe illness from COVID-19. If you develop symptoms, contact your medical provider or LPHA to see if you meet criteria to be tested for COVID-19. Contact ECC's COVID Contact if you have questions, if symptoms develop, or if you or someone in your household tests positive for COVID-19. 	

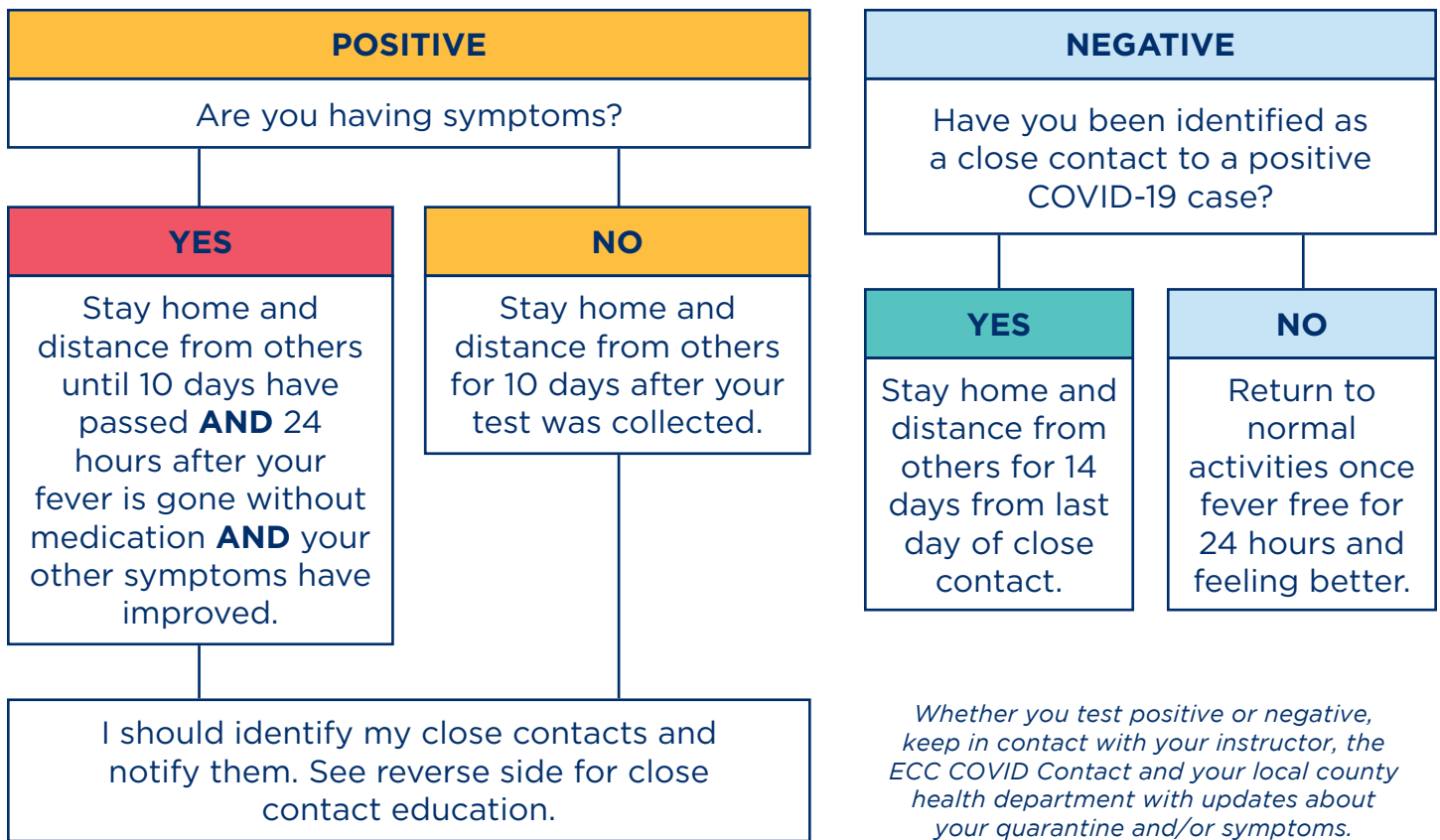
NOTE: If someone in your household has symptoms **AND** is being tested, quarantine until the results are received.

WHILE WAITING FOR TEST RESULTS...

- (1) Stay home and distance from others
- (2) Don't go to work, school or visit others outside your home.

Please contact your physician if you begin to experience any worsening symptoms. If you develop shortness of breath or have difficulty breathing, you should seek immediate medical attention.

MY COVID TEST RESULTS ARE...



Whether you test positive or negative, keep in contact with your instructor, the ECC COVID Contact and your local county health department with updates about your quarantine and/or symptoms.

HOW LONG DO I HAVE TO STAY HOME?

(Fill in the Blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours after last fever:	My other symptoms got better on: <i>If not improved after 10 days, call your physician.</i>	Circle the latest date. Stay home until:
<i>Example:</i> November 10	<i>Example:</i> November 20	<i>Example:</i> November 15	<i>Example:</i> November 16	<i>Example:</i> November 21	<i>Example:</i> November 21

WHO SHOULD I IDENTIFY AS A CLOSE CONTACT?

Starting two (2) days before symptom onset or, in the absence of symptoms, two (2) days before the test was collected:

- **Someone who was within 6 feet of me for a total of 10 minutes or more, regardless of cloth face covering.**
- **Someone who had a higher risk of exposure such as someone I kissed, shared eating utensils with and/or sneezed or coughed on.**

I HAVE IDENTIFIED MY CLOSE CONTACTS, NOW I SHOULD ADVISE THEM TO...

- **Stay home and distance from others for 14 days from last day of contact.**
- **Don't go to work, school or visit others outside your home.**

THEY ARE HAVING SYMPTOMS AND		THEY ARE NOT HAVING SYMPTOMS
TEST POSITIVE	TEST NEGATIVE	Stay home and distance from others for 14 days from last date of close contact. If they become ill, they should reach out to their primary care physician or local urgent care.
Please follow the guidance on the reverse side.	Continue to stay home and distance from others for 14 days from last date of close contact.	

CLOSE CONTACTS WITHIN THE HOUSEHOLD

Not all household members must be considered close contacts. Identify those within the household that meet the above definition of a close contact. Below are three (3) different scenarios that may occur for close contacts within a household:

<p>Last close contact with person who has COVID-19</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 14 DAY QUARANTINE</p> <p><i>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.</i></p> <p><i>Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation or your last date of close contact.</i></p>	<p>Start of first quarantine</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 14 DAY QUARANTINE</p> <p><i>I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick or someone else who became sick during my quarantine?</i></p> <p><i>You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19.</i></p>	<p>Person is sick/has COVID-19</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>Criteria met to end home isolation</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 14 DAY QUARANTINE</p> <p><i>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 physical distance of 6 feet.</i></p> <p><i>You should quarantine for 14 days after the person who has COVID-19 meets the criteria to end their isolation.</i></p>
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