

COVID-19 Self-Guide for East Central College Students

Keep yourself, your classmates, and your campus safe.

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* or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- 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 for COVID-19

- **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, complete your course remotely through this isolation period. Keep your instructor updated about your ability to progress and to consider options available to you to complete 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:** You can be with others after 3 days with no fever **AND** respiratory symptoms have improved (e.g. cough, shortness of breath) **AND** 10 days since symptoms first appeared (or if you do not have symptoms, 10 days since your test).
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

I have one or more of these symptoms AND

OR

- I have had **close contact**** with an individual who has tested positive for COVID-19
- I live with someone who has symptoms and has had **close contact**** with another individual who has tested positive for COVID-19

Required Action

- **Stay home and DO NOT COME TO CAMPUS** if you are experiencing COVID-like symptoms not explained by another non-communicable illness.
- Contact your medical provider or community health department to see if you meet criteria to be tested for COVID-19.
- Contact **ECC's COVID Contact**
- Contact your instructor(s) to arrange to complete your course remotely during the home isolation period.
- 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:** You can be with others after 3 days with no fever **AND** respiratory symptoms have improved (e.g. cough, shortness of breath) **AND** 10 days since symptoms first appeared. Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

I have one or more of these symptoms BUT	Required Action
<ul style="list-style-type: none"> ➤ I have had no known contact with an individual that has tested positive for COVID-19. 	<ul style="list-style-type: none"> ➤ Stay home and DO NOT COME TO CAMPUS if you are experiencing COVID-like symptoms not explained by another non-communicable illness. ➤ Contact ECC's COVID Contact ➤ Contact your instructor(s) to arrange to complete your course remotely. ➤ Keep track of your symptoms. ➤ If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately. ➤ Contact your medical provider or community health department 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.
I do not have any symptoms BUT	Required Action
<ul style="list-style-type: none"> ➤ I have had close contact** with an individual who has tested positive for COVID-19. 	<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. ➤ DO NOT COME TO CAMPUS while in quarantine. ➤ Contact your instructor(s) to arrange to complete your course remotely through this 14-day quarantine period. ➤ Contact ECC's COVID Contact ➤ Maintain social distance (at least 6 feet) from others at all times 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 community health department 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.
I do not have any symptoms AND	Required Action
<p>OR</p> <ul style="list-style-type: none"> ➤ I live with someone who does not have symptoms but has had close contact** with an individual who has tested positive for COVID-19 ➤ 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 	<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. ➤ Maintain social distance (at least 6 feet) from others at all times and avoid contact with people at higher risk for severe illness from COVID-19. ➤ If you develop symptoms, contact your medical provider or community health department 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.

Resources: Center for Disease Control
ECC COVID-19 Information

<https://www.cdc.gov/coronavirus/>
<https://www.eastcentral.edu/covid/>

CDC guidance reviewed as of 7/28/2020