CET Student Health Guide

Stay Healthy
Do all you can to protect yourself and each other:

- Wear your mask – and expect it of those around you
- Physical distancing and crowd avoidance
- Personal and environmental hygiene

Monitor Your Health
Register for text reminders for Daily Symptom Screening through Mobile Device Registration. If you experience any COVID-19 symptoms, this tool will help you connect to Student Health Services and help you with excused absences.

WHAT TO DO IF YOU FEEL UNWELL

- **Stay home if you have “unusual” symptoms* or go home promptly, wearing a mask**
- Seek medical advice from primary care provider or Student Health Services (252-328-6841)
- Notify your instructors promptly, preferably before class
- Complete the ECU COVID-19 Self-Reporting Form (found within Pirate Port) as required
  - Prompt action Initiates contact tracing and generates faculty notifications for extended absence verification

*Typical COVID-19 symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting