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UMS_Community Guidance_Who Needs to Self Isolate?

University of Maine System

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Health Advisory – Coronavirus Disease 2019

UMS Community Guidance

- For Everyone
- For Students
- For Employees New ▲
- For Travelers New ▲

UMS Campus Specific Information

- University of Maine
- University of Maine at Augusta
- University of Maine at Farmington
- University of Maine at Fort Kent
- University of Maine at Machias
- University of Maine at Presque Isle
- University of Southern Maine
- University of Maine School of Law

Public Health Resources

- Maine Center for Disease Control — Coronaviruses
- CDC Coronavirus (COVID-19) Information

Announcements

- Chancellor Malloy: Our Continued Commitment to UMS Employees
April 3, 2020
- Student Fee Adjustment and Rebate Policy by April 15
April 1, 2020
- Chancellor Malloy: Celebrating Commencement During the COVID-19 Pandemic
March 30, 2020
- Pass/Fail Options Extended At UMS Universities
March 25, 2020
- Chancellor Malloy: We're All in This Together
March 24, 2020
- Mills Administration, Public Higher Education Systems Coordinating Response to COVID-19
March 24, 2020
- Identifying University Resources and Materials for the COVID Response Effort
March 23, 2020
- Chancellor Malloy: Full Pay Commitment to Regular Employees Through April 4
March 19, 2020
- Universities Inventorying Resources for Maine's Coronavirus Response
March 19, 2020
- Universities Transition Employees To Remote Work Thursday, March 19
March 18, 2020
- UMS To Continue Paying Federal Work Study Students
March 18, 2020
- Spring Break Extended Two Days: Classes Resume March 25th
March 18, 2020
- Chancellor Malloy: Working Remotely and March 25 Start of Classes
March 18, 2020
- Room and Board Adjustments and Rebates
March 17, 2020
- Chancellor Malloy: Focusing on Faculty and Staff Needs
March 17, 2020
- UMS Technology Resource Update
March 16, 2020
- Chancellor Malloy: Event Restrictions On Gatherings and Other Updates
March 12, 2020
- Student Room and Board Refunds: UMS posting guidance before Noon on Wednesday, March 18th
March 12, 2020
- Travel Assistance Hotline for UMS Employees and Students
March 11, 2020
- Chancellor Malloy Message on Transition to Online Instruction
March 11, 2020
- University UMS COVID-19 Directives prohibit non-essential university air travel, opens residence halls for spring break, sets March 23 deadline for continuity of instruction planning
March 10, 2020
- Novel Coronavirus (COVID-19) Information University of Maine System
March 9, 2020
- Students and Employees Urged to Update Emergency Contact Information
March 6, 2020
- UMS COVID-19 Guidance on University Travel for Business and Personal Travel
March 5, 2020
- UMS Guidance for International Travelers
March 4, 2020
- Governor Mills Convenes Coronavirus Response Team
March 2, 2020
- Travel Monitoring and Prohibitions: University Travel to Italy Prohibited
March 1, 2020
- We're Making Plans to be Ready for Coronavirus
February 28, 2020

For Everyone

For Everyone – Who Needs to Self-Isolate? (03/31/2020)

Per the CDC, guidelines for self-isolation have been updated as of March 30, 2020. Fifteen (15) days of self-isolation is required for:

- Any traveler to the U.S. (returning or coming for the first time) from any country under a CDC Warning Level 3, regardless of whether that direction is specifically given to them at the U.S. point of entry; [Travelers Returning from International Travel](#)
- any student or employee who had direct contact with someone who has tested positive for COVID-19;
- any student or employee who has had direct contact with someone who is under care for suspected exposure to COVID-19.
- anyone who is under direction from a medical provider or appropriate medical authority to do so.
- Those returning from high-impact areas with known COVID-19 cases or community transmission of the disease. This includes domestic and in-state travel. Employees should contact their manager/supervisor to discuss accommodations and planning return to work.
- High impact areas include areas with known COVID-19 cases or community transmission of the disease. This includes domestic travel to areas with a known outbreak of COVID-19 and where use of mass transportation increases risk of potential exposure. Reference: [Public Health Recommendations after Travel from Areas with Potential Risk of Exposure to Coronavirus Disease 2019 \(COVID-19\)](#)
- If you are unsure about whether or not 15 days of self-isolation may be required, contact your healthcare provider

Per Maine CDC, seven (7) days of self-isolation is recommended for:

- People who came in close proximity to someone who was possibly exposed to COVID-19 and the person is asymptomatic. Maine CDC encourages people to self-isolate for 7 days. If symptoms should appear in that timeframe OR you have additional concerns, follow-up with your healthcare provider to discuss next steps.**
- If you are unsure or worried that you may have been exposed to COVID-19, please contact your medical provider for guidance. It is prudent to self-isolate until a medical provider has provided additional guidance.**

If you are in the same household as someone who is isolating, consult with your healthcare provider to determine if you also need to follow isolation protocols.

For instructions on how to self-isolate reference:

- [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#)
- [What To Do If You Are Sick](#)

(Last reviewed/updated: 03/31/2020)

IT Resources to Support Distance Instruction (03/27/2020)

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Internet Access (03/16/2020)

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What Are the Symptoms or What if You Are Sick? (03/13/2020)

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Keeping Yourself Safe (03/13/2020)

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What Should I Do If I Am Ill? (03/13/2020)

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How Will the University Communicate? (03/13/2020)

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Student Departure from Campus by March 22, 2020 (03/13/2020)

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Campuses Remaining Open as Classes Move Online and Students Depart (03/13/2020)

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Flexible and Non-Punitive Leave Policies Available (03/13/2020)

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Moving Online Sooner or Other Accommodations (03/13/2020)

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Practice Social Distancing (03/13/2020)

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Understand Risk Factors (03/13/2020)

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Updating Your Contact Information (03/12/2020)

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The Basics of Covid-19 (03/12/2020)

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