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UMS_Community Guidance_What Are the Symptoms or What if You are Sick?

University of Maine System

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Health Advisory – Coronavirus Disease 2019

UMS Community Guidance For Everyone



Apply Give Careers Portal

News Universities Students Faculty & Staff Trustees Data & Policy Offices

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 8, 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

IT Resources to Support Distance Instruction (03/27/2020)	+
Internet Access (03/16/2020)	+
What Are the Symptoms or What if You Are Sick? (03/13/2020)	–
The CDC provides information about symptoms and much more: https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html	
(Last reviewed/updated: 03/13/2020)	
Keeping Yourself Safe (03/13/2020)	+
What Should I Do If I Am Ill? (03/13/2020)	+
How Will the University Communicate? (03/13/2020)	+
Student Departure from Campus by March 22, 2020 (03/13/2020)	+
Campuses Remaining Open as Classes Move Online and Students Depart (03/13/2020)	+
Flexible and Non-Punitive Leave Policies Available (03/13/2020)	+
Moving Online Sooner or Other Accommodations (03/13/2020)	+
Practice Social Distancing (03/13/2020)	+
Understand Risk Factors (03/13/2020)	+
Updating Your Contact Information (03/12/2020)	+
The Basics of Covid-19 (03/12/2020)	+