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Community Guidance

University of Maine System Communications

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3-13-2020

## UMS\_Community Guidance\_Keeping Yourself Safe

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 ▲
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Maine's  
Public  
Universities

UNIVERSITY OF MAINE SYSTEM
- 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

## For Everyone

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

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

ApplyGiveCareersPortal

Search

NewsUniversitiesStudentsFaculty & StaffTrusteesData & PolicyOffices

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

Keeping Yourself Safe (03/13/2020)

The CDC provides information about prevention and much more: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses.

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Help young children do the same.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot – it's not too late to be protected against influenza.
- The CDC does not recommend that people who are well wear a facemask to protect themselves from COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).

(Last reviewed/updated: 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)

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