

The University of Maine

DigitalCommons@UMaine

Community Guidance

University of Maine System Communications

3-13-2020

UMS_Community Guidance_What Should I Do If I Am Ill

University of Maine System

Follow this and additional works at: https://digitalcommons.library.umaine.edu/c19_guidance



Part of the [Higher Education Commons](#), [History Commons](#), and the [Medicine and Health Sciences Commons](#)

Repository Citation

University of Maine System, "UMS_Community Guidance_What Should I Do If I Am Ill" (2020). *Community Guidance*. 6.

https://digitalcommons.library.umaine.edu/c19_guidance/6

This Webpage is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Community Guidance by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

Health Advisory – Coronavirus Disease 2019

UMS Community Guidance For Everyone

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



- 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 – Who Needs to Self-Isolate? (03/31/2020) +
- IT Resources to Support Distance Instruction (03/27/2020) +

Apply Give Careers Portal Search

- News Universities Students Faculty & Staff Trustees Data & Policy Offices
- What Are the Symptoms or What if You Are Sick? (03/13/2020) +
- Keeping Yourself Safe (03/13/2020) +
- What Should I Do If I Am Ill? (03/13/2020) -

Call your doctor.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. Call ahead before visiting your doctor or other medical provider.

For more information, visit the CDC site here: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

There is no specific treatment for illness caused by the novel coronavirus. However, many of the symptoms can be treated. Treatment is based on the patient's condition. There is currently no vaccine to prevent novel coronavirus. Be aware of scam products for sale that make false claims to prevent or treat this new infection.

Call your healthcare provider if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell your healthcare provider about your recent travel or contact.

Your healthcare provider will work with the Maine Center for Disease Control to determine if you need to be tested for COVID-19.

(Last reviewed/updated: 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) +