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Community Guidance

University of Maine System Communications

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3-12-2020

## UMS\_Community Guidance\_The Basics of Covid-19

University of Maine System

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# Health Advisory – Coronavirus Disease 2019

## UMS Community Guidance For Everyone

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

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can evolve (change) into a new human coronavirus that can spread from person-to-person. This is what happened with the current novel coronavirus known as COVID-19. Diseases from coronaviruses in people typically cause mild to moderate illness, like the common cold. Some, like the SARS or MERS viruses, cause serious infections like pneumonia.

### How does COVID-19 spread?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Through droplets produced when an infected person coughs or sneezes
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands (but this is not thought to be the main way the virus spreads)

We are learning more each day about how this virus spreads and how long it takes for people to become sick and who may be especially at risk. The CDC provides information about how to help prevent Covid-19 and much more information: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

(Last reviewed/updated: 03/12/2020)