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UMaine COVID-19 Community Archive

3-2-2020

Coronavirus Community Updates_CDC on Preventing COVID-19 Spread in Communities, March 2, 2020

University of Maine

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Novel Coronavirus Community Updates

Frequently Asked Questions

[VIEW ALL FAQS](#)

Resources and updates

- [Remote teaching resources from CITL](#)
- [Remote learning resources from UMaine Online](#)
- [Tools for remote work, teaching and learning from UMS Information Technology](#)
- [U.S. Centers for Disease Control and Prevention Coronavirus Disease information](#)
- [Maine Centers for Disease Control and Prevention Coronavirus Response](#)
- [Maine Emergency Management Agency](#)
- [Latest announcements from Maine Governor's Office](#)
- [University of Maine System Information and updates regarding Coronavirus](#)
- [Innovation partnership for COVID-19 response](#)

UMS work and pay guidance, April 3

Published: April 04, 2020

UMS news release on employee income, benefit stability, April 3

Published: April 03, 2020

Updated FAQs, April 3

Published: April 03, 2020

UMS Chancellor Malloy's update, April 3

Published: April 03, 2020

UMS-IT Zoom security update, April 2

Published: April 03, 2020

CDC on preventing COVID-19 spread in communities, March 2, 2020

March 2, 2020 | [Coronavirus](#)

The latest information on preventing COVID-19 spread in communities is on the United States Centers for Disease and Prevention [website](#). CDC videos also are available [online](#).

If you must travel:

- Avoid contact with sick people.
- Discuss travel to affected areas with your health care provider. Older adults and travelers with underlying health issues may be at risk for more severe disease.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you traveled to an affected area in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

