

The University of Maine

DigitalCommons@UMaine

---

FAQ & Health Advisory

UMaine COVID-19 Community Archive

---

3-6-2020

## Coronavirus Community Updates\_U.S. CDC Recommendations on the Prevention and Treatment of Coronavirus (COVID-19), March 6

University of Maine

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/c19\\_health](https://digitalcommons.library.umaine.edu/c19_health)



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

---

This Webpage is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in FAQ & Health Advisory by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).



# 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

## U.S. CDC recommendations on the prevention and treatment of coronavirus (COVID-19), March 6

March 6, 2020 | [Coronavirus](#)

The University of Maine, the University of Maine at Machias and University of Maine System are committed to ensuring the health and safety of community members. In response to the coronavirus outbreak, United States Centers for Disease Control and Prevention (CDC) protocols are in place for anyone traveling to or in the U.S. UMaine, UMM and UMS follow the public health protocols of the Maine Center for Disease Control and Prevention, and the Maine Emergency Management Agency. In an effort to ensure transparency, we wanted to share the following information with our community.

The CDC has provided information about the [prevention and treatment](#) of coronavirus (COVID-19).

The following [symptoms](#) — fever, cough, shortness of breath — may appear two to 14 days after exposure, according to the CDC. People who think they may have been exposed to COVID-19 or who have symptoms should call their primary care physician (PCP). This will help the health care provider's office take steps to keep other people from getting infected or exposed prior to your arrival.

**Members of the University of Maine and University of Maine at Machias communities should contact their primary care physicians (PCPs). University of Maine students should call Cutler Health Center, 207.581.4000, 8 a.m.–5 p.m., Monday through Friday and for after-hours care. University of Maine at Machias students should call the Office of Student Life, 207.255.1305, 8 a.m.–4:30 p.m., Monday through Friday; after-hours, call Campus Safety, 207.255.1395.**

**Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, let your health care provider know that you may have, or may have been exposed to, COVID-19. If you have a medical emergency and need to call 911, also let dispatch personnel know that you may have, or may have been exposed to, COVID-19.**

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a face mask.
  - CDC does not recommend people who are well wearing a face mask to protect themselves from respiratory diseases, including COVID-19.
  - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- 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.

