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Community Guidance

University of Maine System Communications

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6-16-2020

## UMS\_Community Guidance\_Who Needs to Quarantine or Self-Isolate?

University of Maine System

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# Everyone



- Chancellor's Message
- Safe Return Planning
- Unifying Principles
- Informational Videos
- Safe Return Committees

## Community Guidance

- Everyone
- Students
- Employees
- Travelers
- Visitors

## Recent Updates

- New Travel and Work Guidance Posted  
June 19, 2020
- University To Update Guidance Based on Governor Mills' Plan To Restart the Maine Economy  
April 29, 2020
- CARES Act Distribution to Students Expected Week of May 4  
April 24, 2020

## Earlier Updates

- June 2020 (1)
- April 2020 (9)
- March 2020 (25)
- February 2020 (1)

University of Maine System and campuses continue operations; Limited group gatherings, retail stores and selected other activities may begin July 1; further changes set for July 15: (06/17/2020) +

Keeping Yourself and Others Safe (06/16/2020) +

Should I wear a face covering in public areas? (06/16/2020) +

Who Needs to Quarantine or Self-Isolate? (06/16/2020) -

You may be required to quarantine or self-isolate if:

- You are newly arriving in or returning to Maine.
- You are ill or may be ill with Covid-19.
- You have been in close contact with an individual who is ill or may be ill with Covid-19.
- You have been directed to do so by a medical provider or medical authority.

All individuals arriving in or returning to Maine – with exceptions for travelers from New Hampshire and Vermont – are required to self-quarantine for 14 days from the date of arrival to mitigate spread of COVID-19, as ordered by civil authorities as June 16, 2020. Individuals also can meet this requirement by attesting or showing the results of a recent negative test for Covid-19 that meets the specific requirements of civil authorities in Maine.

People who are ill or who may be ill, or individuals who have been in close contact with those who are ill or who may be ill, also may be required to self-isolate or quarantine.

Per the CDC guidelines, fifteen (15) days of self-isolation also is required for:

- Any traveler to the U.S. (returning or coming for the first time) from any country under a CDC Warning Level 3, regardless of whether that direction is specifically given to them at the U.S. point of entry; [Travelers Returning from International Travel](#)
- any student or employee who had direct contact with someone who has tested positive for COVID-19;
- any student or employee who has had direct contact with someone who is under care for suspected exposure to COVID-19.
- anyone who is under direction from a medical provider or appropriate medical authority to do so.
- If you are unsure about whether or not 15 days of self-isolation may be required, contact your healthcare provider

Additionally, per Maine CDC, seven (7) days of self-isolation is recommended for:

- People who came in close proximity to someone who was possibly exposed to COVID-19 and the person is asymptomatic. Maine CDC encourages people to self-isolate for 7 days. If symptoms should appear in that timeframe OR you have additional concerns, follow-up with your healthcare provider to discuss next steps.
- If you are unsure or worried that you may have been exposed to COVID-19, please contact your medical provider for guidance. It is prudent to self-isolate until a medical provider has provided additional guidance.

If you are in the same household as someone who is isolating, consult with your healthcare provider to determine if you also need to follow isolation protocols.

For more information about quarantine and isolation, or for instructions on how to self-isolate reference, please see [here](#).

(Last reviewed/updated: 06/16/2020)

What Are the Symptoms or What if You Are Sick? (06/16/2020) +

How Will the University Communicate? (06/16/2020) +

Updating Your Contact Information (06/16/2020) +

What is Covid-19? (06/16/2020) +

UMS Forms Fall 2020 Safe Return Planning Committee (04/21/2020) +

New Community Resource Guide for Adult Learners and Employees (04/13/2020) +

Summer Sessions Offered On-Line (04/07/2020) +

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

Group and Gathering Restrictions (03/18/2020) +

Internet Access (03/16/2020) +

What Should I Do If I Am Ill? (03/13/2020) +

Flexible and Non-Punitive Leave Policies Available (03/13/2020) +

## Campus-Specific Return Information

