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Coronavirus Community Updates_UMS Memo on Community Members Traveling Abroad and CDC Information for Travelers, March 4

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Novel Coronavirus Community Updates

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Resources and updates

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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

UMS memo on community members traveling abroad and CDC information for travelers, March 4

March 4, 2020 | [Coronavirus, UMS](#)

The University of Maine System has issued a [memo](#) to students, faculty and staff regarding members of our communities currently traveling abroad.

The United States Centers for Disease Control and Prevention provides [information for travelers](#) returning to the U.S.:

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.

Take these steps to monitor your health and practice social distancing:

- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).

What To Do If You Get Sick

If you get sick with fever (100.4°F/38°C or higher) or cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread, ongoing community spread of COVID-19.

For additional questions on monitoring your health, contact your local public health officials.

