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Community Guidance

University of Maine System Communications

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6-29-2022

## UMS\_Community Guidance\_Students\_Quarantine, isolation, and support services

University of Maine System

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# Students

## Together for Maine Plan

University of Maine System COVID-19 Information

Voluntary Vaccination Reporting (External Site)

Dr. Nirav Shah: This Is Our Shot Maine (External Site)

## Community Guidance

Everyone

Students

Employees

Travelers

## Recent Updates

[Together for Maine Weekly Briefing and COVID-19 Data Update: 5/5/22](#)  
May 5, 2022

[Together for Maine Weekly Briefing and COVID-19 Data Update: 4/26/22](#)  
April 26, 2022

[Together for Maine Weekly Briefing and COVID-19 Data Update: 4/19/22](#)  
April 19, 2022

## Earlier Updates

[May 2022](#) (1)

[April 2022](#) (4)

[March 2022](#) (11)

[February 2022](#) (18)

[January 2022](#) (10)

[December 2021](#) (13)

[November 2021](#) (19)

[October 2021](#) (20)

[September 2021](#) (8)

[August 2021](#) (1)

[May 2021](#) (6)

[April 2021](#) (21)

[March 2021](#) (22)

[February 2021](#) (20)

[January 2021](#) (6)

[December 2020](#) (9)

[November 2020](#) (30)

[October 2020](#) (31)

[September 2020](#) (28)

[August 2020](#) (11)

[June 2020](#) (1)

[April 2020](#) (9)

[March 2020](#) (25)

[February 2020](#) (1)

## For Students

COVID-19 Fall 2022 Vaccination Requirements (07/05/2022) +

Face covering requirements (05/11/2022) +

Quarantine, isolation, and support services (06/29/2022) -

Quarantine and isolation remain important safety protocols. For a current summary of quarantine and isolation requirements, please refer to the [CDC Quarantine and Isolation Protocols \(External Site\)](#).

The University strongly encourages students to receive all recommended COVID-19 vaccine doses when eligible to prevent severity of the disease and to minimize quarantine periods if applicable.

**Quarantine:** Quarantine applies to persons who have been or may have been exposed to COVID-19, following the CDC's definition of a 'close contact'. Quarantine timeframes vary depending on an individual's COVID-19 vaccination status or history of having COVID-19 in the past 90 days.

**Isolation:** Isolation applies to a person who has tested positive for COVID-19. In general, this means to stay home, out of work or school and away from all others at all times, including members of your own household.

To determine how long you need to isolate, quarantine, or take other steps to prevent spreading COVID-19, please refer to the CDC's 'Quarantine and Isolation Calculator' found on the [CDC Quarantine and Isolation Protocols \(External Site\)](#).

intended to keep the University community and broader community as safe as possible. The University is a highly vaccinated community with strong protocols which have helped make the university community safer throughout this pandemic.

**Students need to be prepared independently:** to know and to follow public health guidance as it applies to their own situation; to alert their own close contacts in the event the University cannot or does not do so; and, to have a plan ready in advance to quarantine or isolate in non-university locations, as many already do, if the University is unable to accommodate their need.

### Where can I get a covid-19 vaccine or booster?

You can locate vaccine sites near you in a variety of ways:

1. Access [Gov](#). You will need your 5-digit zip code to search.
2. Text your zip code to 438829.
3. Call 1-800-232-0233
4. Look up sites in Maine – [Maine Vaccine Site Search](#)
5. Contact your healthcare provider
6. Each University of the University of Maine System also has, is or will be offering vaccination or booster clinics or otherwise facilitating access to the vaccines and boosters. Please check with your campus for specific information.

(Last reviewed/updated: 06/29/2022)

Summer 2022 student COVID-19 vaccination requirement (03/14/2022) +

Exemptions from quarantine and testing for students based on vaccination and booster status (1/28/2022) +

Resources for Mental and Emotional Well-Being (01/28/2022) +

Direct Deposit (01/28/2022) +

Updating Your Contact Information (01/28/2022) +

How Will the University Communicate? (01/28/2022) +

Additional information about the vaccination requirement: withdrawals and refunds; how to obtain the COVID-19 vaccine; verifying your vaccination status; seeking an exemption and the consequences of not doing so; replacing your vaccination card and more (1/28/2022) +

COVID-19 Student Winter and Spring Vaccination Requirements (1/28/2022) +

## Campus-Specific Return Information



[UMS COVID-19 Risk Statement](#)