

COVID-19 health and safety guidance

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I have tested positive for COVID-19 and completed the required isolation. What steps do I take to return to work or classes on campus or a university facility?

August 2, 2021 | [Faculty and staff information](#), [Health and safety](#), [Student information](#), [Testing](#)

If you have been diagnosed with COVID-19 in the past 90 days, please provide proof of a positive RT-PCR diagnostic test for verification. The options for submission:

- bring a copy of the positive laboratory test to the university testing site on the date and time of your scheduled test
- email a copy to um.covidtesting@maine.edu with "TEST RESULTS" in the subject line
- fax a copy to 207.581.9367

Note: The test results MUST have your name on them and your local living location (on or off campus for student employees).

Following federal CDC guidelines, employees and students can return to on-site work and classes on campus if they have completed 10 days of self-isolation from the onset of symptoms and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 (with the exception of loss of taste or smell) are improving. The CDC guidance on when it is safe to be around others after contracting COVID-19 is online. Also available is CDC guidance on returning to work.

