

# Spring 2021

[Home](#)
[Health and safety](#)
[UMS guidance](#)
[Black Bears Care](#)

## Plans and resources

[UMS Return to Campus Guide for Faculty, Staff, and Student Employees \(PDF\)](#)
[Black Bears Care Plan \(PDF\)](#)
[The Framework for Reopening Maine's Colleges and Universities in Fall 2020 \(PDF\)](#)

## Friday Futurecasts and Updates from Campus Leaders

[Friday Futurecast – January 8](#)

Published: January 8, 2021

[Friday Futurecast – December 18](#)

Published: December 18, 2020

[Friday Futurecast – December 11](#)

Published: December 11, 2020

[Friday Futurecast – December 4](#)

Published: December 4, 2020

[Friday Futurecast – November 20](#)

Published: November 20, 2020

## CDC on preventing COVID-19 spread in communities, March 2, 2020

 March 2, 2020 | [UMaine and UMM updates](#)

The latest information on preventing COVID-19 spread in communities is on the United States Centers for Disease and Prevention [website](#). CDC videos also are available [online](#).

If you must travel:

- Avoid contact with sick people.
- Discuss travel to affected areas with your health care provider. Older adults and travelers with underlying health issues may be at risk for more severe disease.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you traveled to an affected area in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

