

COVID-19 health and safety guidance

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Health- and safety-related topics

[UMaine and UMM community public health alert system](#)

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Plans and resources

Friday Futurecasts and Updates from Campus Leaders

Friday Futurecast – December 3

Published: December 3, 2021

Friday Futurecast – November 18

Published: November 19, 2021

Friday Futurecast – November 12

Published: November 12, 2021

Friday Futurecast – November 5

Published: November 5, 2021

Friday Futurecast – October 29

Published: October 29, 2021

What does it mean for members of the university communities to quarantine and isolate?

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

According to the Centers for Disease Control and Prevention, isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease. The CDC offers information about [quarantining](#) and [isolating](#) that is helpful for employees and students living in the off-campus community. Students who isolate or quarantine on campus are given information and instructions about what they should do while in isolation or quarantine, including guidance on getting food, managing coursework, etc. while not in classes.

