

# Spring 2021

## Health- and safety-related topics

UMaine and UMM community public health alert system

UMaine science and medicine updates

## 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 22

Published: January 22, 2021

Friday Futurecast – January 15

Published: January 16, 2021

Friday Futurecast – January 8

Published: January 8, 2021

Friday Futurecast – December 18

Published: December 18, 2020

Friday Futurecast – December 11

Published: December 11, 2020

## How should I prepare to take the Shield T3 noninvasive saliva-based COVID-19 tests on campus?

January 22, 2021 | [Health and safety](#), [Testing](#)

The Shield T3 COVID-19 asymptomatic test requires a 1 milliliter to 1.5 milliliter saliva sample.

Do not eat, drink or smoke, chew gum, brush your teeth or use mouthwash within an hour of your test.

Be sure to hydrate with water. Stop drinking water 60 minutes before test time.

Clear saliva samples are required. Samples can't be discolored, cloudy or contaminated with food particles.

When you arrive at the campus test site for your scheduled appointment, you will follow these steps for providing a saliva sample:

- Remove the cap from the vial
- Attach the funnel to the vial
- Deposit 1 ml to 1.5 ml of saliva
- Remove funnel and cap the vial
- Put vial in the plastic bag
- At checkout, hand in bagged vial and discard funnel

Here is a flyer about [preparing for the T3 test](#) and doing the [T3 test](#).

