

# COVID-19 health and safety guidance

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

## Health- and safety-related topics

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

### 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

## Where can I find credible information about COVID-19 vaccines?

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

The Centers for Disease Control and Prevention has [good advice on this](#), as well as a page about [myths and facts about COVID-19 vaccines](#).

Here's the CDC's [key things to know about COVID-19 vaccines](#):

- COVID-19 vaccines are [safe and effective](#) at preventing COVID-19 disease, especially severe illness and death.
- COVID-19 vaccines reduce the risk of people spreading the virus that causes COVID-19.
- You may have [side effects](#) after vaccination. These are normal and should resolve within a few days.
- It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. You are not fully vaccinated until two weeks after the second dose of a two-dose vaccine or two weeks after a single-dose vaccine.
- [Learn how to find a COVID-19 vaccine](#) so you can get it as soon as you can.

After you are fully vaccinated, you can resume activities that you did before the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).

[Apply](#)[Student Resources](#)[Nondiscrimination notice](#)[Clery Safety and Security Report](#)[COVID-19 health and safety guidance](#)[Emergency](#)