

Spring 2021


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[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 – February 26

Published: February 27, 2021

Friday Futurecast – February 19

Published: February 19, 2021

Friday Futurecast – February 12

Published: February 12, 2021

Friday Futurecast – February 5

Published: February 5, 2021

Message from Robert Dana, Dean of Students

Published: February 5, 2021

What is the latest guidance for students who test positive for COVID-19?

February 25, 2021 | [Faculty, staff and students](#), [Health and safety](#), [Testing](#)

In Student Life, we want you to feel prepared to handle what comes your way. With the frequent testing we're doing on campus, and the possibility of confusion surrounding what you should and should not do, we wanted to clear some things up for you.

If you test positive for COVID-19

- Don't panic! We will be in touch very soon. If you're receiving results at night, we may not contact you until the morning.
- If you tested off campus, please fill out the [self-report form](#) so that we can help you through this.
- [Pack what you will need](#) for 10 days in isolation. Don't forget things like academic coursework, chargers and medications.
- Do not leave your room unless it's to use the bathroom and remember to wear a face covering at all times.
- If you have to use the bathroom, bring some disinfecting wipes with you and wipe down the surfaces you touch, like handles, light switches, etc.
- Call home and let your family know what's going on.
- Be prepared to answer a call from some numbers you don't recognize. It's probably us, calling to figure out how best to support you.
- Do not go to any scheduled in-person classes or testing on campus.
- Do not allow anyone other than your roommate to enter your room.
- If you get anxious, call us. We can be reached through police dispatch (207.581.4040). Ask to be connected to the Residence Life director on call or the dean on call. You don't have to be alone with this.

If your roommate/suitemate tests positive for COVID-19

- Don't panic! We will be in touch very soon. If your roommate received results at night, we may not contact you or your roommate until the morning.
- [Pack what you will need](#) for 10 days in quarantine. Don't forget things like academic coursework, chargers and medications.
- Do not leave your room unless it's to use the bathroom.
- If you have to use the bathroom, bring some disinfecting wipes with you and wipe down the surfaces you touch, like handles, light switches, etc.
- Call home and let your family know what's going on. Consider whether you can quarantine at home.
- Be prepared to answer a call from some numbers you don't recognize. It's probably us, calling to figure out how best to support you.
- Do not go to any scheduled in-person classes or testing on campus.
- Do not allow anyone other than your roommate to enter your room.
- If you get anxious, call us, regardless of the time. We can be reached through police dispatch (207.581.4040). Ask to be connected to the Residence Life director on call or the dean on call. You don't have to be alone with this.

In both cases, you should plan to answer a few phone calls from our staff. Our contact tracers will call to find out who you've been around in the last two weeks so that we can reach out to them and offer our support and guidance. Our care managers will call to check in with you and give you instructions on how and where to move for the duration of your isolation or quarantine, and can answer questions about how to get food, clean laundry and supplies, and access to support.

If, at any point, you are symptomatic (cough, fever, sore throat, chills, fatigue, headache), please contact Cutler Health Center at 207.581.4000 or your primary care provider to schedule an appointment to be seen.

Don't hesitate to reach out if you have questions or concerns, or just want someone to talk to. We are all in this together, and our staff is here to help you all along the way.


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