

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 10

Published: December 10, 2021

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

What should university residential and off-campus students expect this fall for COVID-19 quarantine and isolation?

August 16, 2021

[Health and safety](#), [Student information](#)

Residential and nonresidential students who are not fully vaccinated and deemed a close contact of a COVID-19 positive individual or who are themselves COVID-19 positive must quarantine or isolate off campus as directed and not return to campus until cleared to do so. Fully vaccinated students who are deemed close contacts do not have to quarantine if they are asymptomatic; they must isolate if they are COVID-19 positive. University locations providing on-site quarantine and isolation space have very limited space available for students who are unable to quarantine or isolate off campus. To request to isolate or quarantine on campus, students must [complete this form](#); for questions, write um.reslife@maine.edu.

The primary goal of quarantine and isolation is to limit interactions with other people in order to limit the spread of disease. Any personal interactions with other people during quarantine or isolation will likely contribute to the spread of disease and expand the need for precautions including isolation and quarantine. It is extremely important that students in quarantine or isolation maintain their separation until they are released by a medical professional working with the university. Failure to do so not only contributes to spreading disease but may also result in referral to the student conduct process.

Students in quarantine or isolation are required to:

- Vacate their residence hall room or other campus location as soon as possible to their on-campus or off-campus quarantine or isolation location.
- Report any symptoms of COVID-19 while in quarantine or isolation by contacting their health care provider, or Cutler Health Center at 207.581.4000.
- Identify, when asked, contacts you have had for the purpose of contact tracing or /tracking.

Returning to Campus:

- Students will be released from quarantine after ten days have elapsed since their close contact provided they have been asymptomatic for 24 hours and unless other symptoms or disease processes require quarantine. Students will be released from isolation when 10 days have elapsed since symptom onset (or positive test) and when at least 24 hours have elapsed since the resolution of fever without the use of fever reducing medication, unless other symptoms or disease processes require continued isolation.
- A member of the University COVID-19 Operations Group [or who?] will be contacting quarantined and isolated individuals prior to their release.
- Anyone experiencing sudden onset of symptoms or a worsening of symptoms should contact an appropriate medical professional (emergency room, emergency medical services (for example call 911), urgent care, primary care provider, hospital, health clinic) immediately.

