

COVID-19 health and safety guidance

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Friday Futurecast – December 10

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If students are housed in university-affiliated quarantine and isolation spaces, what guidelines must they follow?

August 16, 2021 | [Health and safety](#), [Student information](#)

Students housed in university-affiliated quarantine and isolation spaces must adhere to the following guidelines.

Quarantine

- Participate truthfully with Contact Tracer and Care Management.
- Use the restroom nearest their room, wearing a face covering whenever not in their room (except when showering, washing face, brushing teeth).
- Do not leave the room or building unless released from quarantine by a medical health provider working with the university or the Maine CDC.
- Arrange for food with the assistance of Dining Services.
- Arrange to continue academic work with professors and instructors directly.
- Abide by instructions from the Care Manager, medical health provider, Maine CDC and university personnel.
- No guests permitted.
- Do not exit the room or the building except to use the restroom or pick up food in the designated location on the floor or in the event of an emergency evacuation (follow directions provided). Wear face coverings at all times outside the room.
- Conduct daily/regular symptom checks and record results. Provide information as requested.
- Report any issues/questions to the Care Manager assigned immediately.
- Participate in daily medical check-ins as requested.
- Ask for additional help or support whenever needed.
- Do not return to campus unless directed by the Care Manager, medical health provider, Maine CDC or university personnel.

Isolation

- Participate truthfully with Contact Tracer and Care Management.
- Use the restroom in the space provided. Do not leave the space until released to do so by a medical health care provider working with the university.
- Arrange for food with the assistance of the Care Manager assigned. Ordering take-out food can cause spread and is not allowed.
- Arrange to continue academic work (if able) with professors and instructors directly.
- Conduct daily/regular symptom checks and record results. Provide these results as requested.
- Abide by instructions from the Care Manager, medical health provider, Maine CDC and university personnel.
- No guests permitted.
- Do not exit the space except in the case of an emergency evacuation. Follow evacuation directions provided. Wear face covering if able during evacuation.
- Report any issues/questions to the Care Manager assigned immediately.
- Participate in daily medical check-ins.
- Ask Care Manager for help or support whenever needed.
- Do not return to campus unless directed by the Care Manager, medical health provider, Maine CDC or university personnel.

