

Spring 2021

Home Health and safety UMS guidance Black Bears Care

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 8

Published: January 8, 2021

Friday Futurecast – December 18

Published: December 18, 2020

Friday Futurecast – December 11

Published: December 11, 2020

Friday Futurecast – December 4

Published: December 4, 2020

Friday Futurecast – November 20

Published: November 20, 2020

U.S. CDC recommendations on the prevention and treatment of coronavirus (COVID-19), March 6

March 6, 2020 | [UMaine and UMM updates](#)

The University of Maine, the University of Maine at Machias and University of Maine System are committed to ensuring the health and safety of community members. In response to the coronavirus outbreak, United States Centers for Disease Control and Prevention (CDC) protocols are in place for anyone traveling to or in the U.S. UMaine, UMM and UMS follow the public health protocols of the Maine Center for Disease Control and Prevention, and the Maine Emergency Management Agency. In an effort to ensure transparency, we wanted to share the following information with our community.

The CDC has provided information about the [prevention and treatment](#) of coronavirus (COVID-19).

The following [symptoms](#) — fever, cough, shortness of breath — may appear two to 14 days after exposure, according to the CDC. People who think they may have been exposed to COVID-19 or who have symptoms should call their primary care physician (PCP). This will help the health care provider's office take steps to keep other people from getting infected or exposed prior to your arrival.

Members of the University of Maine and University of Maine at Machias communities should contact their primary care physicians (PCPs). University of Maine students should call Cutler Health Center, 207.581.4000, 8 a.m.-5 p.m., Monday through Friday and for after-hours care. University of Maine at Machias students should call the Office of Student Life, 207.255.1305, 8 a.m.-4:30 p.m., Monday through Friday; after-hours, call Campus Safety, 207.255.1395.

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, let your health care provider know that you may have, or may have been exposed to, COVID-19. If you have a medical emergency and need to call 911, also let dispatch personnel know that you may have, or may have been exposed to, COVID-19.

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a face mask.
 - CDC does not recommend people who are well wearing a face mask to protect themselves from respiratory diseases, including COVID-19.
 - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.

