

COVID-19 health and safety guidance

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

Health- and safety-related topics

[Testing FAQs](#)

[Vaccine FAQs](#)

Updates from Campus Leaders

UMaine Now: Break and beyond

Published: March 8, 2022

UMaine Now: Test and booster for spring break

Published: March 2, 2022

UMaine Now: The new clearance shield

Published: February 22, 2022

UMaine Now: Maintaining the Momentum

Published: February 15, 2022

UMaine Now: Staying up to date

Published: February 8, 2022

I have been exposed to someone who tested positive for COVID-19. What should I do?

January 7, 2022 | [Health and safety](#), [Student information](#)

If you are a close contact to someone who has tested positive for COVID-19 and if you are fully vaccinated, monitor for symptoms for the next five days from your last known contact with a positive case, and get tested within 3 to 5 days of the close contact. You do not need to quarantine as long as you remain asymptomatic.

If you are not fully vaccinated, you should quarantine for 5 days and wear face coverings for 10 days. It is recommended that you get tested at the end of those 5 days. Monitor for symptoms. If you remain asymptomatic, you can return to campus.

If you test positive, stay home to isolate. Please do not come to campus (exception: a medical appointment at Cutler Health Center based on your symptoms).

Residential students who test positive for COVID-19 and/or are close contacts of known positives should plan to isolate/quarantine off campus at home or elsewhere. A student who needs to isolate, but due to an emergency cannot do so off campus, should contact the COVID-19 Information Line, 207.581.2681. Please note this line is not staffed evenings, weekends, holidays or snow days. If no one answers, leave a message and the call will be returned as soon as possible.

Until residential students are able to leave campus, they should rigorously adhere to the shelter-in-place plan: If you leave your room you must wear a face covering, maintain a safe, 6-foot distance from others, and wash your hands frequently. Wipe surfaces you touch with disinfecting wipes. Do not go to class or attend other events.

UMaine and UMaine Machias follow positive case isolation protocols as defined by federal CDC: Close contacts who become symptomatic need to isolate, contact their health care provider and get tested. A test 5 days after initial close contact to someone who has tested positive is recommended. In addition, face coverings should be worn while around other people for 10 days after initial contact. Monitor for symptoms.

Following CDC guidelines, employees and students can return to on-site work and classes on campus if they completed 5 days of self-isolation from the onset of symptoms and 24 hours with no fever without the use of fever-reducing medications, and other symptoms of COVID-19 (with the exception of loss of taste or smell) are improving.

Submit a [self-report form](#) and open the lines of communication with those you know are your close contacts — your roommate or classmate, your coworker, etc. Also notify the faculty member of your in-person class or your workplace supervisor. The CDC offers tips for [how to communicate with your close contacts](#) if you test positive.

