## Health- and safety-related topics

UMaine and UMM community public health alert system

UMaine science and medicine updates

## 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

# I have tested positive for COVID-19 and completed the required isolation. What steps do I take to return to work or classes on campus or a UMaine facility statewide?

January 6, 2021 | Health and safety

If you have been diagnosed with COVID-19 in the past 90 days, please provide proof of a positive RT PCR diagnostic test for verification. The three options for submission:

- bring a copy of the positive laboratory test to the UMaine testing site on the date and time of your scheduled test
- email a copy to um.covidtesting@maine.edu with "TEST RESULTS" in the subject line
- fax a copy to 207.581.9367

Note: The test results **MUST** have your name on them and your local living location (on or off campus for student employees).

Following federal CDC guidelines, employees and students can return to on-site work and classes on campus if they have 10 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. The CDC guidance on when it is safe to be around others after contracting COVID-19 is online. Also available is CDC guidance on returning to work.



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