

# COVID-19 health and safety guidance

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## Updates from Campus Leaders

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Published: March 8, 2022

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## UMaine Now: Together we are stronger

February 1, 2022 | [Updates from Campus Leaders](#)

Dear University of Maine and University of Maine at Machias community members,

Welcome to February and Black History Month, a time for all of us to celebrate, reflect and engage in this national observance on our campuses and in our communities. I hope you'll take advantage of the impressive list of Black History Month events offered by UMaine's Office of Diversity and Inclusion, [posted in the UMaine calendar](#). The Black Lives Matter flag was raised in the Memorial Union today. Fogler Library is offering [Black History Month Resources](#), Maine Business School is presenting a [virtual screening of the documentary film "Trace the Line"](#) and UMaine Machias will be posting events in the [campus calendar](#), including information about a Black History Month display in Merrill Library.

Thank you for the strong turnout for the UMaine walk-in booster clinic last Friday and yesterday. Upward of 185 community members participated, many of them students getting ahead of the [Feb. 1 deadline](#) requiring weekly testing without an [up-to-date vaccination status](#). Our next on-campus booster clinic — our seventh — is scheduled for noon–4 p.m., Feb. 10.

I appreciate everyone's individual and collective commitment to our health and safety measures, which is critical to our university communities being together, in-person this semester. I also am well aware that the ongoing challenges of the pandemic leave many exhausted at times because of the uncertainty and sustained stress. Seeking out support and resources is an important part of getting through these difficult times. Our Counseling Center and Student Life teams at UMaine and UMaine Machias remind us that, if we feel better and less troubled, we have more hope. You do not need to carry this stress alone. The multiple resources and support services offered are noted below. We are in this together. Together we are stronger.

Take care,

Joan Ferrini-Mundy  
President

The [University of Maine Return website](#) is an online resource for all COVID-19-related guidance for both our universities. For questions, email [umaine.alerts@maine.edu](mailto:umaine.alerts@maine.edu).

### Reminders and Notices

**Together for Maine updates:** Last Friday, the University of Maine System posted guidance on its [student](#) and [traveler](#) pages. The updates include travel guidance regarding exemptions and being up-to-date on vaccinations, a flow chart for quarantine and isolation, and the increased acceptance and encouragement of KN95s as face coverings. We have more information about health and safety supplies for both university communities, including access to KN95s, below.

**Health and safety supplies for departments and programs:** Since the start of the pandemic, UMaine colleges, departments and programs have used [an online form to request COVID-19-related health and safety supplies](#). As of last week, those supplies now include a limited quantity of KN95 masks. Other supplies include hand sanitizer and disinfectant wipes, and disposable gloves and surgical masks. At UMaine Machias, health and safety supplies, including a limited number of KN95s, are available by contacting Linda Patryn, [lpatryn@maine.edu](mailto:lpatryn@maine.edu).

**When to booster:** [We have guidance online regarding when you can get a booster shot, including how long to wait after testing positive for COVID-19.](#)

**Multiple Counseling Center and Student Life resources:** The UMaine and UMaine Machias Counseling Centers offer appointments by Zoom, phone or in person by calling 207.581.1392 or 207.255.1343. Check out the Counseling Centers' websites — [UMaine](#) and [UMaine Machias](#) — for updates and programs for the respective communities. Resources include [Working with Students in Distress Training, Support Groups, Mental Health Tips \(bite-size\)](#), and faculty and staff training on how to recognize/intervene when there is a student mental health concern, 9–10:30 a.m., Feb. 4, Torrey Hall Room 230, UMaine Machias, and via [Zoom](#). To contact the Division of Student Life, call 207.581.1405.

