

# 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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Published: February 8, 2022



## UMaine Now: Maintaining the Momentum

February 15, 2022 | [Updates from Campus Leaders](#)

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

Last week, we had 76 community members join us for our campus-based booster clinic, achieving up-to-date status after being fully vaccinated with Moderna, Pfizer or J&J shots. That brings the total boosters administered in our campus-based clinics with the help of our community partner, Northern Light Pharmacy, to 800. We are grateful for everyone's participation and will keep the momentum going with another clinic in the coming weeks. We will let you know details when they become available.

Students are reminded that they are now required to participate in weekly COVID-19 testing on campus if they have not yet received a booster shot. Please make appointments for asymptomatic testing via [PointnClick](#). The testing schedules for UMaine and UMaine Machias are below.

With a three-day weekend coming up, we encourage all members of our university communities to take advantage of campus-based testing.

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

**Weekly COVID-19 testing for students:** Students who are on-site and have not yet received their COVID-19 booster shots are required to participate in weekly COVID-19 testing on campus. [According to the CDC](#), booster shots can be administered at least 5 months after the second dose of the Moderna or Pfizer vaccines, or at least 2 months after receiving the single dose of Johnson & Johnson vaccine. [Information about getting booster shots after being positive for COVID-19 is online](#).

**Campus-based testing schedules:** All UMaine students and employees, regardless of vaccination status, are encouraged to participate in campus-based COVID-19 testing. UMaine asymptomatic test dates in Estabrooke Hall: Monday–Thursday, 8:30 a.m.–5 p.m.; Wednesday also 6:30–8:30 a.m. UMaine Machias asymptomatic testing dates in Reynolds Center: Tuesday, 9 a.m.–noon; Thursday, 2–5 p.m. More information about the [on-campus asymptomatic Shield T3 COVID-19 saliva testing](#) for both universities is online. Learn more about [self-administered on-campus COVID-19 tests if you are symptomatic](#). Remember that T3 testing is available on all University of Maine System campuses to our students, faculty and staff. Schedule an appointment via [PointnClick](#).

**Mind Spa To Go:** The Division of Student Life's Student Wellness Center offers a popular Mind Spa focused on programs to promote mindfulness and provide tools to ease anxiety. Now, in addition to "Making Mindfulness" on Mondays, "Tranquil Tuesday" and "Switch-It-Up Friday" programs, there is a Mobile Mind Spa option that faculty can request for students during a class period. For students who could benefit from a Mobile Mind Spa on stress relief, mindfulness, time management and coping skills, graduate assistant Dee Marasco can help. Email [deanna.marasco@maine.edu](mailto:deanna.marasco@maine.edu) or [um.swell@maine.edu](mailto:um.swell@maine.edu).

**Save the Date:** Maine CDC director Dr. Nirav Shah will be the featured speaker in a Department of Communication and Journalism colloquium at noon on March 7. He will speak on the CDC's communication strategy and take questions. [Registration for the Zoom event is online](#).

