University of Maine System COVID-19 Communication Protocol

**EMPLOYEE**

- **You Tested Positive for COVID-19**
  - If Symptomatic, Remain Home:
    - For 14 days (based on illness development time), AND
    - 10 days have passed since symptoms first appeared, AND
    - 24 hours have passed with no fever without the use of fever-reducing medications, AND
    - Other symptoms have improved
  - If Not Symptomatic, Remain Home:
    - 10 days after the date of the positive COVID-19 test
  - Contact Your HR Partner
- **You Are Exposed to a Person Who Has Been Confirmed Positive for COVID-19**
  - Self-isolate and contact your medical provider for guidance
- **You Are Symptomatic but a Test Has Not Been Administered for COVID-19**
  - If you develop symptoms and test positive for COVID-19, remain home:
    - For 14 days after your exposure (based on illness development time)
  - If Symptomatic, Remain Home:
    - For 14 days (based on illness development time), AND
    - 10 days have passed since symptoms first appeared, AND
    - 24 hours have passed with no fever without the use of fever-reducing medications, AND
    - Other symptoms have improved
- **A Member of Your Household Has Symptoms and Tests Positive for COVID-19**
  - Self-isolate until a negative test result is confirmed
  - Quarantine and contact your medical provider for guidance
- **A Member of your Household has Possibly Been Exposed to COVID-19**
  - Remain Home:
    - For 14 days after your last close contact with the ill household member, OR
    - 14 days after the ill household member meets the criteria to end home isolation
  - Contact Your Direct Supervisor
- **You are not symptomatic but are concerned.** Contact your medical provider for guidance

*Guidance will pertain to whether travel out-of-state was to locations Exempted or Not Exempted by Civil Authorities.*