

**University of Maine
School of Nursing
COVID-19 Pandemic Fall 2021 Policy**

Stay Healthy and follow CDC and State of Maine Guidelines

- Eat a well-balanced diet, take a multivitamin, stay hydrated, and exercise.
- Wash your hands often.
 - Avoid touching your face.
- Wear a mask when in public and on campus following up-to-date campus and state recommendations.
- Wear a mask when in a car with others
 - Use eye protection in close settings, i.e. lab and clinical.
- Socially distance.
 - Avoid gatherings of 10 or more people.
- Avoid unnecessary travel.
 - Follow current testing and quarantine guidelines if you do.
- Stay home and **get tested** if you have symptoms or feel ill.
 - Use the *Campus Clear* screening app:
<https://www.maine.edu/information-technology/support/daily-health-check-app/>
 - Use the *Northern Light Symptom Checker*:
<https://covid.northernlighthouse.org/covidcheck>
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

What to do if you suspect you have COVID-19, test positive, or are unvaccinated and had close contact

- If you have any symptoms of a respiratory infection and need to test for COVID, , test positive for COVID, regardless of vaccination status, or are unvaccinated and had close contact with a COVID 19 positive individual, you must self-report. When you self-report to the Emergency Operation Center (EOC), you must let the EOC know that you are a nursing student and you must use the designated form (link here): <https://umaine.edu/return/covid-19-self-reporting-form/>

+

- Email all your instructors, the undergraduate program coordinator, and the clinical coordinator if you are in a clinical course in **one** email addressed to all of the above personelle.

+

- Stay home and follow quarantine and testing guidelines.
 - o If unvaccinated with a close contact = 10-day quarantine from last exposure or 7 day quarantine after receiving a negative test result (test must occur on day 5 or later from last exposure) Clinical Students cannot test out of quarantine.

+

- **CLINICAL STUDENTS -**
 - o **Northern Light Facilities (EMMC & Acadia)** - Students need to self report a **positive** COVID result to Northern Light HR. Please call their hotline at 973-7750, as well as, follow the self reporting guidelines above.
 - o Students (even when vaccinated) who are a close contact to a **positive** COVID individual must be **PCR** tested two - three days after exposure or as soon as exposure is known, no sooner than two days.
 - If test results are **negative** - continue with class and clinical participation and retest three days later. Student may have an antigen or PCR test.
 - If test results are positive - follow self report guidelines for University and Healthcare facility, outlined above.
 - o **Continued Exposure** - Any student who lives with a COVID positive individual or is an intimate partner of a COVID positive individual must have be **PCR** tested two - three days after exposure or as soon as exposure is known, no sooner than two days **and** complete repeat testing prior to each clinical shift for 14 days beyond last contact with positive individual. Students at NLEMMC can be Antigen tested prior to each clinical shift on the Main Floor of Eastern Maine Medical Center in the Kelley 1 wing.
 - Follow reporting guidelines outlined above if a positive result occurs.

- **St. Joe's** - Students need to self report a ***positive*** COVID result to the University and faculty as outlined above.
 - If failed screening prevents student from participating in clinical, the student must provide evidence of a negative PCR test and have clearance from a healthcare provider to return to clinical.
- If you test positive for COVID-19, you can plan to return to in-person activities:
 - 10 days since symptoms first appeared, or had a positive test result without symptoms, **AND**
 - 24 hours with no fever without the use of fever-reducing medications **AND**
 - Other symptoms of COVID-19 are improving

What is Close Contact? If you are within **6 feet** of an infected person for a **cumulative total of 15 minutes or more** over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

If you are fully vaccinated and have a close contact exposure, you do **not** need to quarantine, but should monitor for symptoms, follow up with testing if symptoms develop, and complete the self reporting form <https://umaine.edu/return/covid-19-self-reporting-form>.