

What does quarantine after move-in testing look like?

The primary goal of “quarantine” is to reduce the number of interactions with other people in an effort to limit the spread of disease during the period of time that an individual has been tested for disease and is awaiting results. Any interactions during quarantine interfere with and hinder its effectiveness.

Students in initial quarantine must:

- Report any symptoms of COVID-19 while waiting for a test result by contacting Northern Light Cutler Health Center at 207.581.4000.
- Keep track of whereabouts and interactions so you can report them as contacts in the event you get a positive test. Please note that interactions should be limited to those with whom you’ve engaged as a part of acquiring essential services (eg., dining, custodial).



What can I do?

- Use the restroom on your floor
- Pick up a Dine To Go meal from a dining hall (Hilltop Dining, York Dining or Wells Central)
- Participate in solo outdoor activities while maintaining appropriate physical distancing and wearing a face covering
 - Activities must not be with — or in — close proximity to others; must not include a piece of equipment that others will touch (eg., ball, frisbee)
- Interact and engage electronically (eg., Zoom, phone, text, games, email)



What can't I do?

- Participate in activities outside with someone else, even if you are social distancing
- Visit in-person resources on campus (eg., library or recreation center)
- Visit in person with anyone, indoors and out
- Physically go to work
- Invite a guest into your room
- Use restrooms other than the one on your floor
- Leave campus (eg., visit with friends, go shopping)
- Ride the bus or in a car with someone else
- Exit your room without a face covering

What happens if my test comes back positive?

Students will be contacted directly by our testing service, ConvenientMD, if their test is positive. The university will then work with these students individually through isolation options and supports, including transportation, room access, meals, and academic, social, and medical support.

For more information, call 207.581.2681