

COVID-19 Testing Guide for Students



What test is required?

Either a COVID-19 antigen test or a PCR test is required. The test must be taken within 72 hours of arriving on campus.

What needs to be shown to prove a negative antigen or PCR test result?

Evidence of a negative antigen or a diagnostic PCR test that students bring with them must be **dated from within the 72 hours prior to a student's scheduled move-in date.**

Are there states exempt from testing?

No. UMaine is requiring all students be tested regardless of their state or country of origin. This requirement includes individuals arriving from states exempted from testing by the civil authorities in Maine.

Do students and families need to quarantine for 10 days before arrival?

No. However the students will be required to show evidence of a negative antigen or a PCR test when they travel to campus for the spring semester or will be required to have a test upon arrival to campus on the move-in date as designated by the university. Parents are not required by the university to quarantine to bring their student to campus on the designated move-in date. Parents and family members are asked to comply with the UMaine policies — maintaining social distancing, and wearing a face covering while on campus and in the residence halls.

Who is conducting the on-campus tests?

UMaine has partnered with **ConvenientMD and The Jackson Lab** to conduct the phase four and five testing. This semester, there will be ongoing UMaine surveillance testing for all students enrolled in face-to-face classes on campus, and strategically determined asymptomatic testing based on prevalence of reported COVID-19 cases on campus.

Who will be tested and when?

Students living on campus in university housing and off-campus students with at least one face-to-face class on campus will be tested at their designated days and times **Jan. 19–22** as part of UMaine's COVID-19 phase four testing. Phase five testing is **Jan. 25–29**. Notification to participations is via their maine.edu accounts from um.covidtesting@maine.edu.

When will results be ready?

Test results should be available between **24–48 hours** from midnight of the day of the test.

Is there a cost for the on-campus tests?

Students are not charged for on-campus testing conducted by the university.

Once students are tested, what happens?

Students are required to self-quarantine in their on- or off-campus residences pending their test results. With a negative test result, self-quarantine can discontinue. Students who test positive will be contacted by UMaine care managers, who will assist students in coordinating their academics, notify campus medical services and connect to UMaine COVID response resources.

What do I do if I have symptoms?

Students with symptoms of COVID-19 are asked to contact **Cutler Health Center, 207.581.4000**, to make an appointment to see a health care provider. Patients will be tested based on their symptoms and evaluation.

Can I leave campus and go out of state?

If you leave campus for an out-of-state destination, you will be asked to **self-quarantine for 10 days** or have an antigen or PCR test upon return.

Campus supports

What kind of engagement and support are available with the student during isolation or quarantine?

On-campus students will stay either in an isolation room (after a positive PCR test) or a quarantine room (pending the results of a positive PCR test or if they have been in close contact to a positive case). While in quarantine or isolation, students will order meals through UMaine Dining and **will be checked on daily by Residence Life staff**. Students will be provided with information and supplies to keep them safe and engaged. An isolation and quarantine planning guide for students is online.

What kind of academic support is available if a student is in isolation and quarantine?

Academic departments and Student Accessibility Services have resources available for all students, including those who are placed in quarantine and isolation due to COVID-19. **The Office of the Dean of Students will be notified of the students placed in isolation and/or quarantine. That office will then communicate with students' academic deans and faculty.** The Dean's Office will communicate with the students in isolation or quarantine will assist in coordinating their coursework.

Health supports

Cutler Health Center:

207.581.4000 (phone available 24/7)

Emergency medical services:

911

COVID-19 hotline and self-reporting form:

207.581.2681

umaine.edu/return/covid-19-self-reporting-form

Call or self-report online if you recently had a positive test or were in close proximity to a COVID-19 positive individual.

Student Accessibility Services:

207.581.2319

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