



## **CONTINUE YOUR COMMITMENT TO THE FOLLOWING:**

### **PROTECT MYSELF**

- a. Monitor for the symptoms of COVID-19 personally and via the symptom monitoring app. Report to a medical professional if fever of 100.4° F (38° C) or higher, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell
- b. Self-report by calling the university COVID-19 Hotline, 207.581.2681, if a medical professional has asked you to isolate or quarantine due to COVID-19 diagnosis or close contact
- c. Wash my hands often with soap and water or use hand sanitizer
- d. Get vaccinated for the flu each fall
- e. Keep myself educated on the COVID vaccination

### **PROTECT OTHERS**

- a. Maintain appropriate social distancing (6 feet), especially in indoor settings
- b. Stay home if feeling ill or after exposure to someone who is ill or has tested positive for COVID-19
- c. Wear an appropriate face covering and other protective gear as directed by the university
- d. Be positive, sensitive and helpful to anyone around who may be troubled or struggling
- e. Get tested regularly

### **PROTECT THE COLLEGE OF OUR HEARTS ALWAYS**

- a. Keep clothing, belongings, personal spaces and shared common spaces clean
- b. Participate in testing and contact tracing to preserve the wellness of the community
- c. Carefully observe instructional signs and follow directions
- d. Minimize travel outside the local area to help prevent community transmission; university-sponsored travel is restricted

**For more information visit [umaine.edu/return](https://umaine.edu/return)**