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

The University of Maine is an equal opportunity/affirmative action institution.