AS A BLACK BEAR I AM COMMITTED TO THE FOLLOWING:

PROTECT MYSELF

1. 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.

2. Self-report at umaine.edu/return/covid-19-self-reporting-form if a medical professional has asked you to isolate or quarantine due to COVID-19 diagnosis or close contact.

3. Wash my hands often with soap and water, or use hand sanitizer.

4. Get vaccinated for the flu each fall.

5. Get vaccinated for COVID-19.


7. Upload your vaccination card here www.maine.edu/together.

PROTECT THE COLLEGE OF OUR HEARTS ALWAYS

1. Keep clothing, belongings, personal spaces and shared common spaces clean.

2. Carefully observe instructional signs and follow directions.

3. Minimize travel outside the local area to help prevent community transmission.

4. Stay home if feeling ill.

5. Wear an appropriate face covering, as mandated by the University of Maine.

6. Be positive, sensitive and helpful to anyone around who may be troubled or struggling.

For up to date information visit www.umaine.edu/return (for campus specifics), and www.maine.edu/together (for University of Maine System). If you have questions, contact the COVID Hotline at 207.581.2681.

For more information visit umaine.edu/return

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