



Black Bears Care



University of Maine

The University of Maine advances learning and discovery through excellence and innovation in undergraduate and graduate academic programs while addressing the complex challenges and opportunities of the 21st century through research-based knowledge.

In these unprecedented times as the COVID-19 pandemic continues to impact us all, we persevere together. Only together can we all achieve our individual and corporate goals. We must continue to work together to protect the health and safety of every person in our campus community, to preserve the opportunity to remain on campus, to achieve our potential, and to move beyond today.

University of Maine

Black Bears Care is the public health/social conscience plan for the University of Maine community to help limit the spread of COVID-19.

The University of Maine continues to develop tools and protocols for the successful continuation of instruction and activities, working in conjunction with the University of Maine System, and state and federal offices.

During these unprecedented times, with the impact of a global pandemic, we continue to define tomorrow.

It will require every one of us to do our part to keep our community safe as we return for a new academic year.

UMS and UMaine Planning Groups

- UMS Scientific Advisory Board
- COVID Response Committee
- Fall Academic Planning Group
- Teaching Lab Safety Group
- Residential Advisory Board
- Student Life Planning Group
- Medical and Public Health Planning Group
- And many more

Black Bears Care

Our plan is to keep everyone safe on our campus and in UMaine offices and facilities statewide by reducing risk posed by COVID-19.

These tools and protocols are necessary for a successful return to campus, offices and facilities by students and employees alike.

It will take everyone doing their part to protect themselves and others to make sure we stay safe.

As we move forward, this plan will evolve and change in accordance with guidance from the state and federal Centers for Disease Control, and the state of Maine.

The Black Bears Care plan has 5 principles.

Black Bears Care Principles

1. Expect each Black Bear community member to assume personal responsibility to protect themselves, others and the university community
2. Follow personal health and safety practices and protocols
3. Engage our community and stakeholders with timely, consistent and clear communication and guidance
4. Advance our mission in safe, innovative, and responsible ways
5. Anticipate and plan with flexibility and responsiveness to changing information, develop contingencies

1. Expect each Black Bear community member to assume personal responsibility to protect themselves, others and the university community
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BLACK BEAR PACT

DEFINE TOMORROW. START TODAY BY COMMITTING TO:

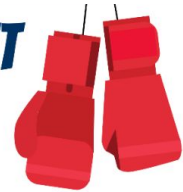
- **PROTECT YOURSELF**

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

Protect Yourself

- Monitor for the symptoms of COVID-19 and report to a medical professional if experiencing symptoms that include 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
- Wash hands often with soap and water or use hand sanitizer
- Get vaccinated for COVID-19 and the flu

KNOCK OUT THE FLU



Get the flu vaccine!

Call Cutler Health Center to
schedule your flu shot
207-581-4000

5 steps to
CLEANER HANDS

- 1 Turn on the faucet and wet your hands with warm water
- 2 Add soap to your hands
- 3 Lather the soap on your hands, between fingers, and under your nails, for 20 seconds
- 4 Rinse off soap and dry hands with paper towel.
- 5 Use your paper towel to turn off water and open the door

Protect the College of Our Hearts Always

- Keep clothing, belongings, personal spaces and shared common spaces clean
- Carefully observe instructional signs and follow directions
- Minimize travel
- Stay home if feeling ill
- Wear appropriate face covering as mandated
- Stay positive and support those who are struggling



2. Follow personal health and safety protocols and practices

- Get vaccinated for COVID-19
- Student mental health services have been expanded to include telecounseling.
- Guidelines and support are being provided to student organizations to facilitate group meetings and recruitment.
- Review residence hall policies/procedures, including guest policy.

3. Engage our community and stakeholders with timely, consistent and clear communication and guidance

- UMaine regularly communicates to the campus community through email, announcements and messages.
- UMaine and UMS coronavirus websites are available at umaine.edu/return
- The COVID-19 Information line (207.581.2681) has been active throughout the spring and summer, and the Emergency Operations Center releases information consistently.
- The umaine.edu/return and together.maine.edu websites address questions and provide information.

4. Advance our mission in safe, innovative, and responsible ways

- The Office of the Vice President for Research continues to release information to keep the research enterprise updated and moving forward.
- Service commitments and opportunities continue uninterrupted, albeit in new and alternate ways as dictated by safety and health guidance.

5. Anticipate and plan with flexibility and responsiveness

- We are committed to meeting students where they are with the best possible access to scholarship, enrichment, flexibility and support.
- Many system and campus planning groups continue to work to develop solutions and contingencies based on the latest information and guidance from state, federal and science-based sources.
- Plans will continue to evolve and change as resources become available or unavailable, and as operational decisions are made and announced.

Resources

University of Maine: umaine.edu/return

University of Maine System: together.maine.edu

Student vaccination requirements:

<https://www.maine.edu/together/community-guidance/students/>

To sign up for emergency updates and alerts: umaine.edu/emergency

COVID-19 Information Line: 207.581.2681; live Monday–Friday, 10 a.m.–3 p.m. EST; leave message for return call.

REMEMBER: Black Bear Pact

AS A BLACK BEAR I AM COMMITTED TO...

PROTECT MYSELF

- 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
- 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
- Wash my hands often with soap and water, or use hand sanitizer
- Get vaccinated for the flu each fall
- Get vaccinated for COVID-19
- Keep myself educated on the COVID vaccination and symptoms
- Upload your vaccination card here www.maine.edu/together

PROTECT THE COLLEGE OF OUR HEARTS ALWAYS

- Keep clothing, belongings, personal spaces and shared common spaces clean
- Carefully observe instructional signs and follow directions
- Minimize travel outside the local area to help prevent community transmission
- Stay home if feeling ill
- Wear an appropriate face covering, as mandated by the University of Maine
- Be positive, sensitive and helpful to anyone around who may be troubled or struggling



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