

GUIDANCE ON COVID-19

Are you experiencing Covid-19 symptoms? They include:

- **Fever over 100.4°F or 38°C**
Without having taken any fever-reducing medications, such as acetaminophen or ibuprofen.
- **Loss of smell or taste**
- **Cough**
- **Muscle aches**
- **Sore throat**
- **Shortness of breath**
- **Chills**
- **New or unusual headache**
- **New onset of any gastrointestinal symptoms**
Such as nausea, vomiting, diarrhea, or loss of appetite

YES, I HAVE SYMPTOMS

FOLLOW CDC GUIDELINES

1. Stay at home.
2. Separate yourself from others.
3. Call your health care provider and notify the UMF Student Health Center at umf.healthcenter@maine.edu.

Students who do not have a primary care provider should call the UMF Student Health Center at 207.778.7200 for an appointment.

Watch for symptoms AND quarantine yourself for 14 days AND notify UMF Student Health Center at umf.healthcenter@maine.edu.

NO SYMPTOMS

Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

YES

Yes, close contact
Within six feet for 15 or more minutes.

Yes, non-close contact
Outside six feet or within six feet for a brief period of time.

Practice social distancing and good hygiene AND watch for symptoms.

NO

Practice social distancing and good hygiene.



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