

# ISOLATION AND QUARANTINE PLANNING GUIDE FOR STUDENTS

The University of Maine at Farmington (UMF) will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, UMF has developed this planning guide to assist students in preparing to isolate or quarantine. This guide is for students who live on campus, as well as students who live off campus.

## WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

**Isolation** is the separation of someone who is ill with (or has tested positive for) COVID-19, from the people who are not sick. Individuals who test positive for COVID-19 typically isolate from the time they are tested or symptoms first appeared and may be released from isolation in 10 days if their symptoms have improved AND they have had no fever, without the use of medicines for at least 24 hours.

**Quarantine** is the separation of someone who has been exposed to a COVID-positive individual from others who are not sick or exposed, to be sure the exposed person does not become sick or test positive for COVID-19. A typical quarantine period lasts 14 days.

## DO I NEED A PLAN FOR ISOLATION AND QUARANTINE?

All students living on campus are required to have an isolation and quarantine plan.

For those students living on campus, UMF has set aside dedicated isolation and quarantine spaces. Daily meals ordered through UMF Dining will be delivered to students isolating and quarantining on campus. All students living off campus are strongly encouraged to have an isolation and quarantine plan.

The Student Health Center and Maine Centers for Disease Control and Prevention (CDC) will provide symptom monitoring and support services.

## HOW WILL I BE SUPPORTED IF I AM IN ISOLATION AND QUARANTINE?

Isolation is the separation of someone who is ill with (or has tested positive for) COVID-19, from the people who are not sick.

- You will be provided with resources that outline expectations, websites, phone numbers, and other resources.
- The medical staff at the UMF Student Health Center and Maine CDC will contact you for symptom checks and contact tracing.
- Student Life will check in with you.
- Your professors will coordinate with you regarding your coursework needs.
- The Learning Assistance Center will assist with a requested academic need or accommodation.
- The Center for Student Development Center will provide support as needed including counseling appointments.

# HOW DO I PREPARE FOR ISOLATION OR QUARANTINE?

## COMMUNICATE WITH YOUR FAMILY

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Discuss the following with your family:

- Will you be able to safely return home in a **private vehicle**? If you are instructed to isolate or quarantine, **you cannot travel on any public transportation — bus, plane, etc. — or travel with a non-family member.**
- If someone from your family plans to pick you up to take you home to isolate or quarantine, **how much time will they need to arrive?** Are they able to **wear the proper protective equipment** — face covering, gloves, etc. — to travel with a person who is COVID-19 positive?
- Do you have **at-risk family members** to consider?
- Are you able to **distance yourself from others in your home** to keep family members safe?
- If you cannot isolate or quarantine at home, **how will your family communicate with you?**

## ASSEMBLE A “GO KIT”

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If you are asked to isolate or quarantine on campus, you will not be able to go back to your on-campus housing to gather supplies. Additionally, you will not be able to leave your isolation or quarantine space during your time there. To prepare for this, assemble a “Go Kit.” This should be something someone can easily pick up and drop off to you.

## RECOMMENDATIONS FOR YOUR “GO KIT”

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- **Self-care medications:** Pack fever/pain reducers, such as acetaminophen or ibuprofen. Do not use multi-symptom medications in combination as it can be easy to take too much. You may want to consider packing lozenges for sore throats or cough medications.
- **Prescription medications:** Pack two weeks’ worth of any prescription medication you may need.

- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase.
- **Comfortable clothes:** Pack a few days’ worth of comfortable clothes to wear during the day and at night.
- **Hygiene supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Phone charger**
- **Face coverings:** Pack multiple face coverings so that you can wear a fresh one each day.
- **Food:** On-campus students should pack their favorite comfort snacks and drinks. Food delivery will be arranged for on-campus students. Off-campus students should maintain a food supply in their residences and be knowledgeable about how to order food delivery from local businesses.

In addition to your “Go Kit,” you should ensure your academic materials (laptop, notebooks, books, etc.) are readily accessible to be able to be brought to you.

## FOR MORE INFORMATION

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If you have questions, please reach out to the UMF Student Health Center at 207.778.7200 or at [umf.healthcenter@maine.edu](mailto:umf.healthcenter@maine.edu).

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