University of Southern Maine COVID-19 Communication Protocol

**Employee**

- **You Test Positive for COVID-19**
  - If Symptomatic, Remain Home:
    - For 14 days (based on illness development time), AND
    - 10 days have passed since symptoms first appeared, AND
    - 24 hours have passed with no fever without the use of fever-reducing medications, AND
    - Other symptoms have improved
  - If Not Symptomatic, Remain Home:
    - 10 days after the date of the positive COVID-19 test

- **You Are Exposed to a Person Who Has Been Confirmed Positive for COVID-19**
  - Self-isolate and contact your medical provider for guidance

- **You Are Symptomatic but a Test Has Not Been Administered for COVID-19**
  - If you develop symptoms and test positive for COVID-19, remain home:
    - For 14 days after your last close contact with the ill household member, OR
    - 14 days after the ill household member meets the criteria to end home isolation

- **A Member of Your Household Has Symptoms and Tests Positive for COVID-19**
  - Self-isolate and contact your medical provider for guidance

- **A Member of your Household Has Symptoms and then Tests Negative for COVID-19**
  - Self-isolate until a negative test result is confirmed

- **You or a Member of your Household has Possibly Been Exposed to COVID-19**
  - Quarantine and contact your medical provider for guidance

**Contact Your HR Partner**

- **Your Direct Supervisor**
  - **Critical Incident Response Team (CIRT)**

**You are not symptomatic but are concerned. Contact your medical provider for guidance**

**You traveled outside the State of Maine**

*Guidance will pertain to whether travel out-of-state was to locations Exempted or Not Exempted by Civil Authorities.*