



PROTECT MYSELF

- Monitor for the symptoms of COVID-19 and report to a medical professional if I experience 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 my hands often with soap and water or use hand sanitizer
- Get vaccinated for the flu each fall
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PROTECT OTHERS

- Maintain appropriate social distancing, especially in indoor settings
- Stay home if feeling ill or after exposure to someone who is ill or has tested positive for COVID-19
- Wear an appropriate face covering and other protective gear as directed by the university
- Be positive, sensitive and helpful to anyone around who may be troubled or struggling

PROTECT UMM

- Keep clothing, belongings, personal spaces and shared common spaces clean
- Participate in testing and contact tracing to preserve the wellness of the community
- Carefully observe instructional signs and follow directions
- Minimize travel outside the local area to help prevent community transmission. University-sponsored travel is prohibited

For more information visit machias.edu/return