

## **Policy Statement**

The University of Maryland Eastern Shore is committed to being a caring community. Throughout the COVID-19 pandemic, we have followed the science and the guidance provided in collaboration with local, state, and federal public health recommendations. As of May 11 2023, President Biden declared an end to the COVID-19 national and public health emergency; however, the virus is still very active and we should take the steps necessary to protect others and ourselves.

As the virus moves from pandemic to endemic state, it is important to focus on controlling the disease from a personal responsibility aspect. Faculty, staff and students should take personal responsibility for managing COVID protection in accordance with personal health needs. Remember, acting to protect yourself also protects the Hawk family.

We will continue to monitor the course of the virus. UMES reserves the right to change COVID-19 requirements, based on best practices and recommendations from the Centers for Disease Control and Prevention (CDC), University System of Maryland, Maryland Department of Health, Somerset County Health Department and other agencies as additional data on regional COVID-19 case and positivity rates become available.

### **What Does Personal Care Mean?**

- Monitor your personal health daily
- Get tested every time you have ([COVID 19 symptoms](#)) or exposure to someone who tests positive.
- Follow isolation guidance if you test positive.
- Continue to wear masks indoors at your discretion, especially if you are in a high-risk group.
- Keep your hands clean and use hand sanitizer.

### **What To Do If You Think You Might Have COVID**

- Do a self-test, visit an urgent care facility or a pharmacy testing site.
- Self-Test Kits are available upon request at the SSC information desk, campus Library or Office of Residence Life (for students living on campus).
- Begin taking precautions by wearing KN95 mask when around others.

### **What To Do If You Test Positive and Live On campus:**

- Immediately begin wearing a mask to protect your fellow Hawks.
- Begin to isolate as soon as you receive your results.
- Residential students who live on campus will be asked to return home for 5 days or the determined isolation timeframe. The university no longer has a dedicated isolation facility on campus. You will need to return to your room until you leave for home (within 24 hours).
- Use the COVID calculator or contact student health to determine the isolation timeframe ([calculate COVID isolation dates](#))
  - No in-person class, work or leaving your isolation location for anything but necessities.
  - Wear a high quality mask any time you are around others.
  - Wash hands, use hand sanitizer, and disinfect surfaces regularly.
  - Make sure you notify student health if you test positive. Scan to Report COVID



### **What To Do If You Test Positive And Live Off Campus:**

- If you live off campus, you are to immediately isolate at your residence or go home.
- Immediately begin wearing a mask to protect your fellow Hawks.
- Use the COVID calculator or contact student health to determine the isolation timeframe
- No in-person class, work or leaving your isolation location for anything but necessities.
- Wear a high quality mask any time you are around others.
- Wash hands, use hand sanitizer, and disinfect surfaces regularly.

### **I Have COVID... What About My Classes?**

- Students should notify their professors directly of their illness and need for isolation.
- Students will need to make arrangements with their professors regarding class attendance and assignments for the duration of their isolation period in accordance with the attendance policy.
- Use the COVID calculator or contact student health to determine the isolation timeframe.
- No in-person class, work or leaving your isolation location for anything but necessities.

- Students who need further assistance with academic concerns should contact Enrollment Management and Student Experience Office (x6687)

### **I Have Been Exposed To Someone With COVID-19 and I Live On Campus.**

- You are considered a close contact to someone with COVID if you have been less than 6 feet away from them for a combined total of 15 minutes or more over a 24-hour period.
- Pick up COVID exposure kit from your Residence Life staff. The kit will include (2) COVID test kits– use one to test immediately and use one on Day 6 after an exposure.
- Use this test sooner if you develop symptoms. [COVID 19 symptoms](#).
- Make sure you notify student health if you test positive.



### **I Have Been Exposed To Someone With COVID-19 and I Live Off Campus**

- You are considered a close contact to someone with COVID if you have been less than 6 feet away from them for a combined total of 15 minutes or more over a 24-hour period.
- After being exposed to COVID-19, start precautions immediately.
- Wear a high-quality mask or N95 any time you are around others inside your home or indoors in public. N95s are available at SSC or through Residence Life (for students living on campus) while supplies last.
- Monitor for symptoms. If they develop, get tested and isolate until results are obtained.
- Get tested on day 6 even if you do not develop symptoms.
- If you test negative, continue taking precautions through day 10.
- If you test positive, isolate immediately.

### **Do I Need To Quarantine If I Have Been Exposed To COVID?**

- Quarantine is no longer recommended for close contacts
- If symptoms develop you are encouraged to test and isolate until results are available.
- The most current recommendations can be found at the [CDC website](#)

### **Contact Tracing**

- Student Health is no longer contact tracing. Please inform your close contacts.
  - A close contact is considered anyone who was less than 6 feet away from you for a combined total of 15 minutes or more over a 24-hour period. An infected person can transmit COVID-19 starting 48 hours (2 days) before they have symptoms or before they were tested.
  - If you have been exposed to COVID-19, you should wear a tight-fitted mask for 10 days from the day you were exposed.

### **I Think I Need Medical Attention**

- For emergency situations, contact 911 or campus police emergency at 410.651.3300
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- Students may access health care for any acute health care problem, including symptoms of COVID, by contacting the Student Health Center
  - via email at:
  - **Appointmenthealthcenter@umes.edu (preferred contact)** or
  - by phone at 410-651-6597
- Health care services for students that are ill are scheduled by appointment only at specific times in the day to adhere to infection control guidelines per CDC recommendations.
- 24 hour telehealth services are available through the Hawk Health Line

### **What about after hours?**

- 24 hour telehealth services are available through the Hawk Health Line
- Lower Shore Urgent Care is located off campus (beside Caesar's Pizza)
- Emergency Services TidalHealth Hospital in Salisbury