

Dear Students,

We are pleased to report that the results of yesterday's COVID-19 testing were promising, and we are cautiously optimistic that we have contained the virus among our undergraduate population. We have made tentative plans to resume in-person classes on Thursday, April 1.

Our plans to lift the shelter-in-place order and to resume in-person classes will be contingent upon the results of additional testing we will conduct in the coming days. Below you will find information and instructions for each category of undergraduate students. All testing will take place in Harold Alford Forum.

### ***Residential students***

Students living on campus will be re-tested on **Monday, March 29**. Students will be tested by dorm. No prior scheduling is needed. Please make your way to the Forum during your designated window.

8:00 a.m. – 9:00 a.m.: Sokokis, Padua, Assisi, and Siena

9:00 a.m. – 10:00 a.m.: East, West and Avila

10:00 – 11:00 a.m.: Champlain, Freddy, and Featherman

You must continue to shelter-in-place in your dorms until further notice. If the results of Monday's testing continue to trend in the right direction, we will lift the shelter-in-place order on Tuesday.

### ***Commuter students***

Students who live off campus are also expected to continue to shelter-in-place. You will be re-tested on **Monday, March 29** from 11:00 a.m. – 12:00 p.m. No prior scheduling is needed. Please make your way to the Forum at any time during this designated window.

### ***Students who have gone home***

If the results of Monday's tests continue to trend well, students who have left UNE to go home will go through the two-step testing process on **Wednesday, March 31**, using the same schedule as Monday. No prior scheduling is needed. Please make your way to the Forum during your designated window.

8 – 9 a.m. Sokokis, Padua, Assisi, and Siena

9 – 10 a.m. East/West and Avila

10 – 11 a.m. Champlain, Freddy, and Featherman

11 a.m. – 12 p.m. commuters

You will be required to upload a negative PCR, rapid PCR, or rapid antigen test to **Medicat** within 72 hours of returning to campus Wednesday. Students who are fully vaccinated (14 days out from receiving their final COVID-19 vaccine) do not need to test prior to arrival, but do need to be tested on-campus at their scheduled time. Students who have tested positive for

COVID in the last 90 days also do not need to test prior to arrival, but must report to the testing site at their scheduled time for verification and clearance by Student Health Services. You should also confirm that your positive test result has been uploaded to the Student Health patient portal in advance and bring a copy in case it is needed.

### **Wellness Resources**

It is important that you make every effort to take care of yourselves during this stressful time. Attached you will find self-care tips provided by the Student Counseling Center.

You may also schedule a session with a counselor by calling the Student Counseling Center.

- Biddeford Campus: email [bcstudentcounseling@une.edu](mailto:bcstudentcounseling@une.edu) or call (207) 602-2549 or toll-free at 1 (866) 743-2230
- Portland Campus: email [pcstudentcounseling@une.edu](mailto:pcstudentcounseling@une.edu) or call (207) 221-4550 or toll-free at 1 (866) 798-9201

If you are a Portland or Biddeford Campus-affiliated student and are currently experiencing a mental health crisis, you can reach UNE's on-call counselor by calling (207) 602-2549 and then pressing 6.

- Crisis Response Services: (888) 568-1112
- **The Trevor Project**, supporting the LGBTQ community: 866-488-7386 or text "Trevor" to (202) 304-1200
- Suicide Prevention Lifeline: (800) 273-TALK (8255) or Text "START" to 741-741

Again, all plans to resume in-person classes are tentative and will depend on the results of further testing. If we have to change course, we will communicate that to you on Tuesday afternoon. We thank you for the sacrifices you have been making – for staying in place, masking, and social distancing to keep one another safe. With those continued efforts, we will get through this in just a few more days.

Sincerely,

Jen Deburro, M.Ed.  
*Dean of Students, Vice President for Student Affairs*

Paul Berkner, D.O., FAAP  
*Medical Director, Student Health Services*

### ***Self-Care During Self-Quarantine***

Adapted from Millner, U. (n.d.). Five tips for students during the coronavirus self-quarantine. Lesley University. Retrieved October 27, 2020 from <https://lesley.edu/article/five-tips-for-students-during-the-coronavirus-self-quarantine>

- 1.) Routine is your friend – establish a schedule and stick to it – for waking, dressing, academics, social time, and sleep.
- 2.) Focus on what you have control over – organize your time and your space to de-clutter your mind and feel empowered.
- 3.) Maintain your relationships! Physical distancing ≠ social distancing – connect with classmates, advisors, professors for academic reasons, but also with roommates, friends, and family for FUN. (Need some ideas? See reverse side of this sheet!)
- 4.) Feeling overwhelmed? Break big projects/assignments down into smaller, manageable chunks.
- 5.) Allow yourself to relax – it helps build immunity against viruses and gives you energy for life challenges.

### ***Stress Relief Techniques and Ideas***

- o NOSTRIL BREATHING – Cover right nostril and for ONE MINUTE breathe through your left! This helps to decrease anxiety!
- o Watch a Favorite COMEDY – laughter decreases your stress hormone levels!
- o Read, draw, create a new recipe – or design your perfect vacation!
- o Music - can have tremendous effect on our minds and bodies -- slows heart rate, lowers blood pressure, and decreases stress hormone levels!
- o ZOOM yoga or Pilates class
- o ZOOM GAME NIGHT
- o DRINK A LOT OF WATER!!! This helps eliminate stress toxicity!!