

GRADUATE AND PROFESSIONAL STUDENTS- FLU GUIDE

How are you feeling?

An outbreak of novel H1N1 flu virus, which has also been called swine flu, is occurring in the United States and around the world.

Currently, the virus has generally caused mild illness, except in people with underlying health conditions such as diabetes, lung disease, and pregnancy.

Experts at the Centers for Disease Control and Prevention (CDC) are not sure how severe the H1N1 flu virus will be in the

general population this coming flu season, which generally runs from October through April.

Like seasonal flu, the symptoms of H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

A significant number of people who have been infected with the H1N1 flu virus also have reported diarrhea and vomiting.

Influenza virus is spread by contact with the virus in respiratory droplets from coughing or sneezing, kissing, sharing eating utensils, etc, with an infected person.

The virus can also live on surfaces such as doorknobs, furniture, clothing, or bedding for up to eight hours.

People are contagious and may spread the virus 24 hours before they have symptoms.

What can you do to stay healthy?

- Prevention is key!
- Follow the guidance below, consider carrying an alcohol-based (60% or greater) hand sanitizer with you, and use it frequently.
- Get vaccinated with the seasonal influenza and the H1N1 vaccine as soon as it is available for you. The Yale University Health Services will notify the Yale community when the vaccines are available.
- Do not share drinking glasses or phones.
- Keep your living space clean— wash your bed linens weekly and use sanitizing wipes to clean surfaces in your room.
- Avoid sharing your computer with others— keep the keyboard clean using an sanitizing wipes.
- Wash your hands after contact with shared equipment.
- If you have underlying health conditions, try to avoid contact with people who have the flu.

- ⇒ Flu is spread by droplets from coughing or sneezing. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.
- ⇒ Wash your hands often with soap and warm water.
- ⇒ Use alcohol-based hand sanitizer if soap and water is not available.
- ⇒ Cover your nose and mouth with a tissue when coughing or sneezing and discard the tissue right away. Encourage others around you to do the same.
- ⇒ Avoid touching your eyes, nose and mouth. The virus can spread this way.
- ⇒ Clean commonly touched surfaces frequently by wiping them with household disinfectant according to the directions on the label.

YUHS flu line:

**1-866-924-YALE
(9253)**

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Yale University

H1N1 FLU

What should I do if I develop symptoms of the flu?

If you develop a fever, body aches, cough, or other symptoms of the flu, call Yale University Health Services (YUHS) on the flu line at 1-866-924-YALE (9253) or your primary care provider.

You should also notify the person from your school identified on the left column.

You should stay home or in your dorm room until at least 24 hours after your temperature returns to normal and you are no longer running a fever (100F, 37.8C), unless you are

advised otherwise by a medical professional.

It is important to drink lots of fluids to prevent dehydration and maintain energy.

Shower or bathe daily or more often for comfort.

If you feel extremely weak or dizzy, notify YUHS or your primary care provider.

Report any difficulty breathing, coughing that hurts your chest, shortness of breath, confusion, or high temperatures not responding to medication to YUHS or your primary

care provider right away.

If you have any underlying medical conditions, such as asthma, diabetes or chronic lung conditions, you should call YUHS or your primary care provider for advice right away if you have symptoms of the flu.

Consult with your school's contact person to address any missed assignments or examinations.



Be Prepared

In the event you get the flu and need to stay home, a supply of over-the-counter medicines, alcohol-based hand sanitizer with at least 60% alcohol, tissues and other related items could be useful. This will help avoid the need to make trips out in public while you are sick.

Fever and body aches and pains can be controlled with acetaminophen (Tylenol) or ibu-

profen (Motrin). Take your temperature before taking the medicine and take only the recommended amount. You should not take aspirin and medications containing aspirin (such as Alka-Seltzer, Pepto-Bismol, and various cold medications) when you have the flu.

If you are not sure about what to take, please call YUHS or your primary care provider for advice.

Stay Informed

The University has a website dedicated to the H1N1 flu. Information on prevention, symptoms, and resources has been posted. This website will be updated as new information becomes available.

If you have additional questions not addressed on the website, feel free to e-mail us at flu.info@yale.edu

Questions: flu.info@yale.edu

www.yale.edu/secretary/emergency

www.yale.edu/yuhs