

Yale University

H1N1 FLU

Fall 2009-Spring 2010

**YUHS flu line:
1-866-924-YALE
(9253)**

GRADUATE AND PROFESSIONAL STUDENTS LIVING IN CAMPUS RESIDENTS HALLS

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 ibuprofen (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.

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 below and Graduate Housing. They will help coordinate meal delivery to your room.

You should stay 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 tempera-

tures 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.

Contacts:

Graduate Housing
432-2167

Graduate School of Arts and Science:
Lisa Brandes
432-8895
*Lisa.brandes@yale.edu

School of Architecture:
Marilyn Weiss:
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School of Art:
Patricia DeChiara:
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Divinity School:
Dale Peterson
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School of Drama:
Joan Channick
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School of Forestry and Environmental Studies
Gordon Geballe
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Law School
Sharon Brooks
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School of Management
Sherilyn Scully
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School of Medicine
Nancy Angoff
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School of Music:
Suzanne Stringer
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School of Nursing:
Frank Grosso
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737-2257

School of Public Health
Anne Pistell
785-4560
Anne.pistell@yale.edu

(*) Preferred method of contact

Meals Cost:

Meals will be provided by dining services and delivered by a member of the Graduate Housing Care Team.

Students who do not have a meal plan will be charged for the meals through Banner at the cost listed below.

Breakfast- \$6.50

Lunch- \$10.25

Dinner- \$ 13.25