

## You have been diagnosed with the flu.

You will probably be sick for several days with fever and respiratory symptoms. Fever is a temperature above 100.0° F, 37.8° C. **Until you have been free of fever for 24 hours without the use of fever-reducing medications, you should:**

- Not go to ,work classes or attend any school or social events.
- Avoid close contact with others. If you share a bedroom with another person, he or she should try to find somewhere else to sleep until you are well.
- Let people with whom you have had close contact in the past 24 hours know that you have the flu. They should not automatically seek health care or testing, but should be alert to the possibility that they may become ill and should seek medical advice if they develop fever or other flu-like symptoms.

If you are a **student living on campus**, you should:

- Notify your Dean and Master immediately so that he or she can help arrange for meals to be delivered to you.
- Consider returning home until you are well if your family lives nearby.
- Wear a mask when you cannot avoid close contact with others (such as people visiting your room).
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If you are a **student living off campus**, you should:

- Notify your Dean and Master immediately so that he or she is aware of your illness.
- Consider returning home until you are well if your family lives nearby.
- Wear a mask during any time that you cannot avoid close contact with others (such as people visiting you).

**Students will receive periodic follow-up telephone calls from our nursing staff and/or a team of volunteer Yale Nursing School students. If your have been fever-free for 24 hours without using fever reducing medication and would like to be released from self-isolation, please call your nurse and your college.**

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**Home Care Guidance:** Instructions for patients diagnosed with flu

- **Cover your nose and mouth with a tissue** when coughing or sneezing and discard the tissue right away.
  - **WASH YOUR HANDS** after touching used tissues and similar waste. Avoid touching your eyes, nose and mouth. Germs spread this way.
  - **Wash** your hands frequently. Alcohol-based hand cleaners are effective.
  - **Take over-the-counter medications** for the relief of symptoms (fever, headache, body aches and pains) as needed such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, and Nuprin®). A cough medication such as Mucinex® or Robitussin® might be helpful.
  - **Do not take aspirin** and medications that contain aspirin (such as Alka-Seltzer®, Pepto-Bismol® and various cold medications) when you have the flu if you are 18 years old or younger.
  - **A warm salt water gargle** (1/2 to 1 teaspoon salt to a cup of warm tap water) in the morning and at bedtime might be helpful for a sore throat.
  - **Rest** as much as possible – but bed rest is not necessary.
  - **Drink** an adequate amount of clear liquids (such as water, broth, sport drinks, soda, apple juice, tea or jello) to prevent dehydration. You should drink at least 3 liters (3 quarts) per day.
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**Emergency Warning Signs:**

- Difficulty breathing or shortness of breath
- Coughing that hurts your chest
- High temperature (greater than 101.0° F, 38.3° C) that does not respond to medication
- Confusion
- Sudden dizziness
- Flu-like symptoms that improve but then return with fever or worse cough
- Severe or persistent vomiting and/or diarrhea
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**If you have any of these symptoms call Student Medicine at 203-432-0312, Internal Medicine at 203-432-0038 or evenings/weekends/holidays Urgent Care at 203-432-0123.**

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