

COVID QUICK GUIDE – FALL 2024—revised 9/8/24

BIG PICTURE:

- COVID is still with us, but increasingly we are taking it in stride. We fully expect cases as students return to campus but expect minimal disruption. For full details see the [Campus Health website](#).
- Individuals with symptoms (especially congestion, sore throat, cough, headache) are expected to MASK, and ISOLATE according to [updated CDC guidance](#) for respiratory illness.

CDC GUIDANCE FOR ANY RESPIRATORY ILLNESS

- **Isolate in your room** at the onset of symptoms and wear a mask around others including in your suite. You may leave isolation 24 hrs after a fever resolves (if present) **and** when your symptoms are improving.
 - You **should not eat in the dining hall** during this time. You may **request take-away meals by contacting your residential college dining hall manager** who will provide you with a to-go container and disposable cutlery. You may also order [Smart Meals](#) through the Yale Dining app.
- **Wear a mask around others for an additional 5 days.** *You may still be infectious during this time!* Masks may be obtained through your residential college or school.
- Notify your residential or academic dean if you need help with academic accommodations.
- Contact Student Health 203-432-0312 if you have underlying immune compromise or are experiencing severe symptoms (such as high fever, shortness of breath, vomiting) for consideration of treatment.

COVID SYMPTOMS, TESTING and TREATMENT

- COVID [symptoms](#) have not changed even though variants have.
- Testing is no longer required but is recommended if available to you, and strongly suggested if you are immunocompromised. Free rapid antigen tests are available for at residential colleges; graduate and professional students must purchase. Tests may be purchased at the Yale Health pharmacy for about half retail cost (\$5)
- If you test, consider waiting 1-2 days after symptoms begin to avoid a false negative test very early in infection. It is reasonable to test again when you are considering leaving isolation. If you test positive, continue to isolate. If you must go out, distance from others and wear an N95 or KN95 mask.
- Paxlovid is recommended within 5 days of symptom onset for those [at risk for severe illness](#). Contact Yale Health.

MY ROOMMATE HAS COVID

- If you share a bedroom with someone who has symptoms or has tested positive, you may choose to stay where you are, move to the common room, or stay with a friend for a few days.
- If you choose to stay where you are: wear a mask when around your roommate except while sleeping, minimize the time you spend in the shared bedroom and create as much space between beds as possible.
- If you have exhausted all options, please **contact your residential college office** who may be able to arrange for you to use a medical suite or alternative accommodation in other rooms.

RESPIRATORY ILLNESS PREVENTION

- **Masking** remains an important tool. They are recommended for those with immune compromise, in crowds in poorly ventilated places and for close contacts.
- If you think you may have been **exposed to COVID** you should monitor yourself for symptoms and follow the guidance above if symptoms develop.
- Risks may also be reduced by handwashing, distancing and improving ventilation by opening windows or using an air filter.
- An **updated COVID vaccine is now** available through [the Flu and COVID Vaccine Program](#) which will provide protection against the currently circulating variants. **All students are strongly encouraged (but not required) to be vaccinated.** Click [HERE](#) to schedule an appointment. Flu vaccine may be given at the same time.