

If you become ill with flu or flu-like symptoms, you should contact Student Health Services by phone **first** at 860-439-2275, rather than walking in. This is especially important to protect students with other health conditions such as asthma, diabetes, suppressed immune systems, heart disease and kidney disease as they may be coming in for care at Student Health Services and are at higher risk for complications from the flu. Healthcare personnel will document your illness over the phone. You may designate a friend to come in for medications, fluids, and masks that you may use in your room while ill.

Students with suspected cases of flu may be asked to remain in their rooms and identify a friend who can bring meals and drinks from the dining hall. If you live within driving distance, we may suggest you go home to recuperate.

As always, if you become ill and have to miss class, you should inform your professors and academic dean as soon as possible, which may be done via email. You should be fever-free for 24 hours without the use of fever-reducing medication before resuming your routine class and co-curricular schedules.

For more information about caring for yourself when you are sick please visit [care for yourself](#).

[Do your part to help slow the spread of flu!](#)