



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

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TO: THE THOMASIAN COMMUNITY
FROM: THE OFFICE OF THE SECRETARY-GENERAL
SUBJECT: PRECAUTIONARY STEPS FOR 2019 NOVEL CORONAVIRUS
DATE: 3 FEBRUARY 2020

In view of the confirmed case of **2019 Novel Coronavirus (2019-nCoV)** patient in the country, the University, through the UST Health Service, is issuing an updated health advisory on 2019-nCoV, based on the recommendation of the Department of Health and the World Health Organization. *Please see attached copy.*

The Thomasian community is strongly reminded to strictly observe precautionary measures such as *a) handwashing, b) wearing of face masks, c) observing cough etiquette, and d) disinfecting frequently touched objects and surfaces.*

All those who are feeling sick with fever, cough and colds and have history of close contact with person under investigation (PUI) or confirmed case of 2019-nCoV must stay at home in isolation. Immediate consultation and treatment is also warranted. As earlier announced, those with history of travel to China and other countries with confirmed cases of 2019-nCoV, with or without symptoms, must notify the Health Service at local 8211 for the necessary monitoring and evaluation.

For continuity of teaching and learning, concerned faculty members and students who were advised to stay at home for the observance of the required 14-day quarantine period are highly encouraged to **optimize the use of UST Cloud campus.**

Let us remain calm as we closely coordinate with authorities for more proactive measures in addressing this health emergency.

Thank you.


FR. JESUS M. MIRANDA, JR., O.P.
Secretary-General



UPDATED HEALTH ADVISORY ON nCoV as per DOH recommendations:

A.) Precautionary steps for people who may have the nCoV Infection

If you are feeling sick and are confirmed to have, or being evaluated for, 2019-nCoV infection you should follow the prevention steps below until a healthcare provider says you can return to your normal activities.

1. Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation.

2. Separate yourself from other people in your home

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.

3. Call ahead before visiting your doctor

Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

4. Wear a facemask

You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

5. Cover your mouth and nose when you cough and sneeze

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.

6. Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

7. Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

8. Monitor your symptoms

Seek prompt medical attention if your illness is worsening (if with difficulty breathing). Before going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

B.) Precautionary steps for caregivers and household members

If you live with, or provide care at home for, a person confirmed to have, or being evaluated for, 2019-nCoV infection, you should:

1. Make sure that you understand and can help the person follow the healthcare provider's instructions for medication and care.

You should help the person with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.

2. Have only people in the home who are essential for providing care for the person.

- Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the person as much as possible. Use a separate bathroom, if available.
- Restrict visitors who do not have an essential need to be in the home.
- Keep elderly people and those who have compromised immune systems or chronic health conditions away from the person.

3. Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.

4. Wash your hands often and thoroughly with soap and water for at least 20 seconds.

- You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

5. Wear a disposable facemask, gown, and gloves when you touch or have contact with the person's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.

- Throw out disposable facemasks, gowns, and gloves after using them. Do not reuse.
- Wash your hands immediately after removing your facemask, gown, and gloves.

6. Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is confirmed to have, or being evaluated for, 2019-nCoV infection. After the person uses these items, you should wash them thoroughly.

7. Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.

- Clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

8. Wash laundry thoroughly.

- Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
- Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves.

- Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.

9. Place all used disposable gloves, gowns, facemasks, and other contaminated items in a lined container before disposing them with other household waste.

- Wash your hands immediately after handling these items.

10. Monitor the person's symptoms. If they are getting worse, call his or her medical provider and tell them that the person has, or is being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

C.) Precautionary steps for those who may have had contact with Persons Under Investigation (PUI)

If you have had close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection, you should:

1. Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person.

Watch for these signs and symptoms:

- a. Fever. Take your temperature twice a day.
- b. Coughing.
- c. Shortness of breath or difficulty breathing.
- d. Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.

2. If you develop any of these symptoms, follow the prevention steps for caregivers and household members described above, and call your healthcare provider as soon as possible. Before going to your medical appointment, call the healthcare provider and tell them about your close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

3. If you do not have any symptoms, you can continue with your daily activities, such as going to work, school, or other public areas.