



**UNIVERSITY OF SANTO TOMAS
HEALTH SERVICE**



HEALTH AND SAFETY REMINDERS
FOR THE PASKUHAN CONCERT 2024

Here are some important health and safety reminders to keep in mind during the Paskuhan Christmas Concert and Agape:

1. **Stay hydrated:** Drink plenty of water and avoid drinks with too much sugar and caffeine content.
2. **Ensure adequate meal intake and rest:** Make sure to eat healthy foods and sleep properly before attending an event.
3. **Wear comfortable footwear and clothes:** Dress appropriately for the event. Avoid wearing high heels, tight shoes, clothes or accessories that are prone to injuries.
4. **Leave unnecessary items at home:** Only bring a few essentials. Avoid carrying large and heavy bags to prevent muscle pains and soft tissue injuries.
5. **Stay home if sick or not feeling well:** Do not attend the event if with fever, cough, colds, and rash to avoid worsening of symptoms and the possibility of transmitting the infection to others.
6. **Observe proper decorum and demeanor:** Always be considerate and respectful of others. Avoid pushing in crowds that may harm or hurt other people.
7. **Keep a safe distance from the fireworks display:** Wear protective eyewear or use shield to prevent possible injuries from fireworks debris.
8. **Seek medical assistance if needed:** If you or someone you know is feeling unwell, seek medical attention immediately. Health and first aid stations will be available at the event.

By following these safety tips, everyone can stay safe and healthy while enjoying these meaningful events.

SHERYL M. DIONISIO, MD
Director