



3 February 2020

MEMORANDUM CIRCULAR NO. 17
Series of 2020

T O: All VSU Constituents

R E: Novel Coronavirus (2019-nCoV)

With nearly twelve countries affected and about 9,000 people infected, WHO has recently declared the Novel Coronavirus (2019-nCoV) outbreak a global public health emergency. Among the symptoms include severe cough, fever, pneumonia and difficult breathing; and children, elderly and those immuno-compromised patients are particularly at high risk. We therefore enjoin everyone to be vigilant and take extra care in looking after ourselves. Below is a list of precautionary measures from our VSU Hospital which we can follow to help prepare and protect ourselves from potential infection:

1. Protect Yourself from Getting Sick

- a. Proper handwashing with soap and water for at least 20 seconds. You may also use alcohol or alcohol-based hand sanitizer that contains at least 60% alcohol.
- b. Wash hands after coughing or sneezing, when caring for the sick, when preparing food, before eating, after toilet use, and after handling animals or animal waste.

2. Protect Others from Getting Sick

- a. Observe cough etiquette: cover your mouth and nose with a tissue, sleeve or the inner crook of your elbow when coughing or sneezing. Throw the tissue in trash bins and always wash your hands.
- b. Avoid close contact with others when you are having cough and/or fever.
- c. Avoid spitting in public.
- d. If you have fever, cough and difficulty in breathing, seek medical care early and share previous travel history with your health care provider.

3. Practice Food Safety

- a. The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross contamination with uncooked foods, as per good food safety practices.
- b. Use different chopping boards and knives for raw meat and cooked foods.
- c. Wash hands between handling raw and cooked food.

4. Stay Healthy while Travelling

- a. Avoid travel if you have fever and cough.
- b. Avoid close contact with people suffering from fever and cough
- c. Always practice hand hygiene.
- d. If you have a cough and opt to use face mask, be sure to cover both your mouth and nose. Always discard single-use masks after each use.

Vision: A globally competitive university for science, technology, and environmental conservation.

Mission: Development of a highly competitive human resource, cutting-edge scientific knowledge and innovative technologies for sustainable communities and environment.



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- e. Follow existing rules and regulations when you have plans to bring in friends from foreign countries.

We hope and pray that our community will be spared from this dreaded disease.

For information and guidance of everybody.


EDGARDO E. TULIN
President