



SCAN TO READ ONLINE



University of the Philippines

NOVEL CORONAVIRUS DISEASE
COVID-19
Advice for the
UP Community

as of 13 February 2020

up.edu.ph

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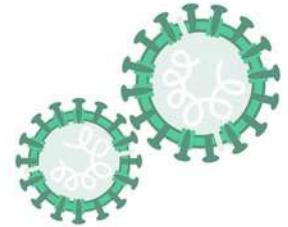
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COVID-19

NOVEL CORONAVIRUS DISEASE

2019 Novel Coronavirus Disease, or **COVID-19** (previously called 2019-nCoV), is a new respiratory virus which originally emerged from an animal source but is now spreading from person-to-person.

Transmission is mainly via **respiratory droplets** produced when an infected person coughs or sneezes.



SYMPTOMS



FEVER AND/OR FATIGUE

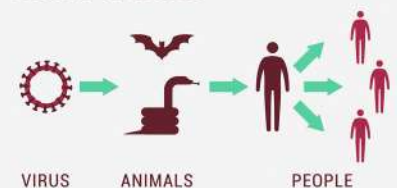


COUGH



SHORTNESS OF BREATH

HOW IT SPREADS



VIRUS

ANIMALS

PEOPLE



SYMPTOMS MAY SHOW UP 2-14 DAYS LATER



THERE IS NO SPECIFIC ANTIVIRAL TREATMENT YET

I THINK I'M SICK. WHAT SHOULD I DO?

ARE YOU POSITIVE FOR EXPOSURE?



- ✓ Traveled to China, Macau, Hong Kong, or other areas with confirmed COVID-19 cases within the last 14 days, but with **NO** respiratory symptoms or fever
- ✓ With exposure to a Person Under Investigation (PUI)

You are classified as a **PERSON UNDER MONITORING (PUM)** and should observe home self-quarantine

ARE YOU POSITIVE FOR SYMPTOMS?



- ✓ Traveled to China, Macau, Hong Kong, or other areas with confirmed COVID-19 cases within the last 14 days
- ✓ With exposure to COVID-19 through your travels or through close contact with a confirmed case
- ✓ Showing respiratory symptoms and/or fever

! You are classified as a **PATIENT UNDER INVESTIGATION (PUI)** and should seek consultation with your University Health Service on campus, or at the nearest health facility, for further investigation

PUM

PERSON UNDER MONITORING



PUMs do not have symptoms of COVID-19 but they have a history of travel to China, Macau, Hong Kong, or other areas with confirmed COVID-19 cases in the last 14 days. PUMs are also those who have had close contact

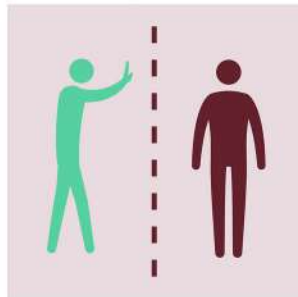
with a confirmed case of COVID-19 infection or with a Patient Under Investigation.

It is recommended that they be on home self-quarantine.

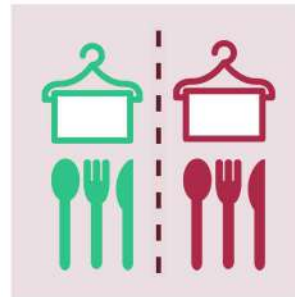
HOME SELF-QUARANTINE INSTRUCTIONS



STAY AT HOME
EXCEPT WHEN GETTING
MEDICAL CARE



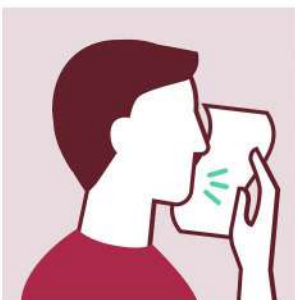
SEPARATE YOURSELF
FROM OTHER PEOPLE
IN YOUR HOME



AVOID SHARING
HOUSEHOLD
ITEMS



WASH HANDS WITH
WATER AND SOAP FOR
AT LEAST 20 SECONDS
OR 2 ROUNDS OF
"HAPPY BIRTHDAY"
SONG, AND SANITIZE
WITH ALCOHOL



COVER YOUR COUGH
AND SNEEZES
WITH TISSUE



WEAR A FACE MASK
WITH THE COLORED
SIDE FACING OUTWARD



MONITOR
YOUR SYMPTOMS



CALL AHEAD
BEFORE VISITING
YOUR DOCTOR

I FEEL SICK. WHAT SHOULD I DO?



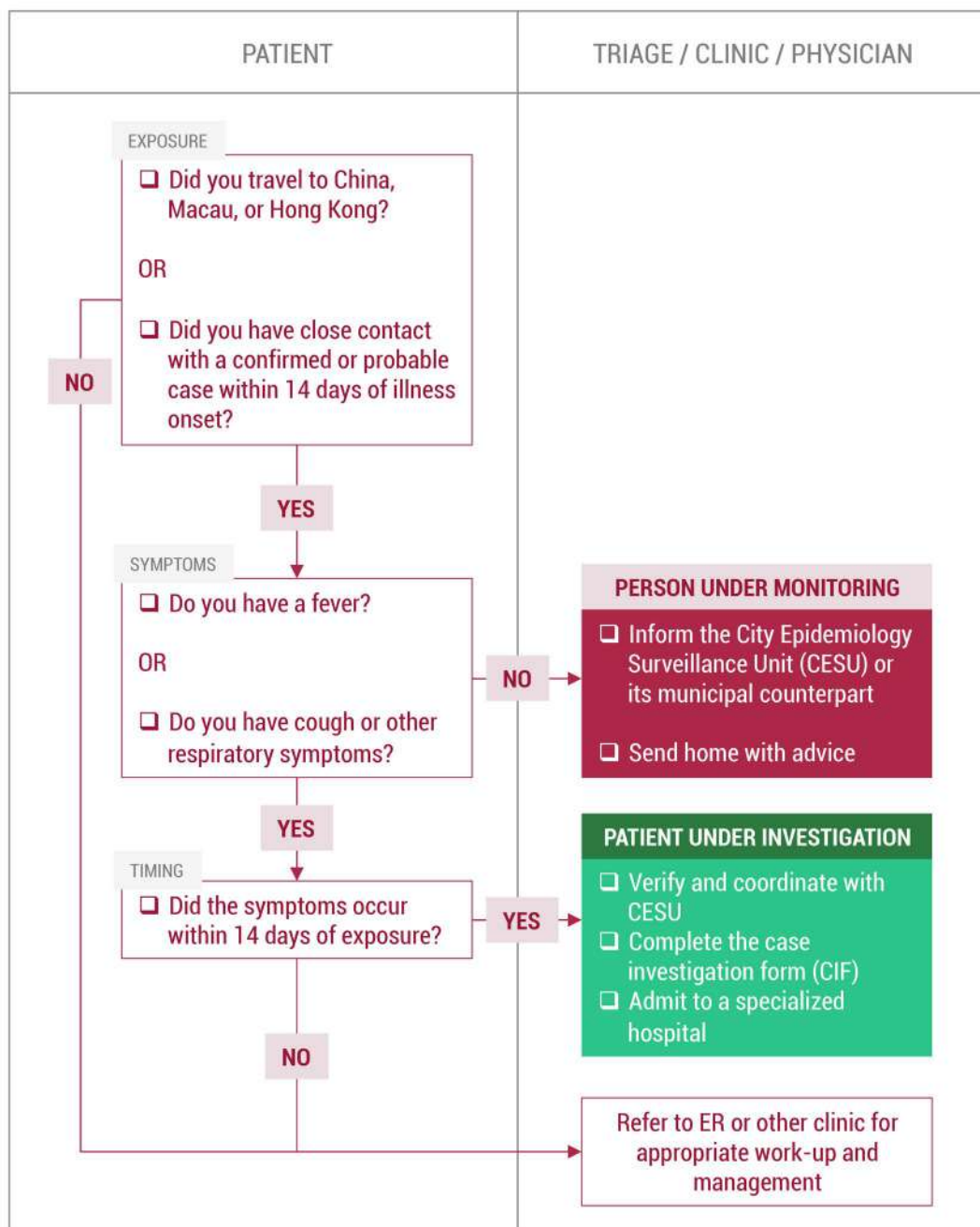
If you have been exposed to COVID-19 through your travels or through close contact with a confirmed case, and you are showing respiratory symptoms, **seek consultation with your University Health Service (UHS) on campus or go to the nearest health facility.**

Once there, you will be asked to fill in a form that will include questions about your travel history and/or if you have come into contact with a confirmed case. Make sure you wear your face mask properly and call ahead.

UNIVERSITY OF THE PHILIPPINES HEALTH SERVICE

ALGORITHM FOR TRIAGE OF PATIENTS WITH SUSPECTED COVID-19 / 2019-nCoV INFECTION

Sources:
University Health Service and Philippine Society for Microbiology and Infectious Diseases
2019 Novel Coronavirus (nCoV) Taskforce



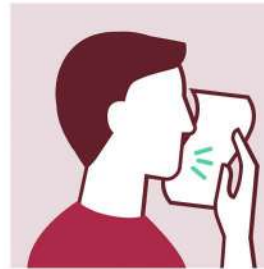
HOW CAN I PROTECT MYSELF

FROM THE NOVEL CORONAVIRUS DISEASE?



OBSERVE PROPER HAND HYGIENE

Wash your hands frequently with soap and water for 20 seconds (or two rounds of "Happy Birthday"), and, if available, use an alcohol-based hand sanitizer.



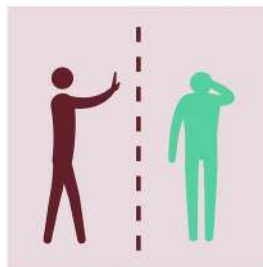
PRACTICE GOOD COUGH ETIQUETTE

Cover your mouth and nose with a tissue when you cough or sneeze and properly and immediately dispose of the tissue. Wash your hands properly afterward.



WEAR THE FACE MASK PROPERLY

Wear the face mask with the colored side facing outward. Remove the mask by holding only the strings. Wear one only when necessary, such as if you are immunocompromised or have a cough and cold.



RESPECT PERSONAL SPACE

Avoid crowded places and maintain at least a one-meter distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.



WASH YOUR HANDS WITH SOAP AND WATER AFTER CONTACT WITH PETS

Although there is no evidence yet that pets can be infected with COVID-19, this will help prevent the spread of other germs such as E. coli and Salmonella.



WASH YOUR HANDS AFTER HANDLING THINGS SUCH AS DOOR KNOBS AND TABLE TOPS

Although coronaviruses do not survive long on objects, they have been detected on places like door knobs, table tops or other surfaces.



REMEMBER THAT YOUR FACE IS SACRED

Avoid touching your eyes, nose and mouth.



AVOID EATING RAW OR IMPROPERLY COOKED ANIMAL PRODUCTS

as COVID-19 is also animal-transmitted. Thoroughly cook meat and eggs.



KEEP YOUR GADGETS AND PERSONAL ITEMS CLEAN

Disinfect your mobile phones, tablets, laptops, bags, eyeglasses, etc. regularly.



BOOST YOUR IMMUNE SYSTEM

by eating a balanced diet, getting enough sleep and exercise, and drinking plenty of water. A strong immune system will be better able to fight off COVID-19.



GET YOUR INFORMATION ONLY FROM TRUSTED SOURCES to prevent the spread of fake news and disinformation.



KNOW WHO TO ASK

TO PREVENT THE SPREAD OF MISINFORMATION AND UNDUE ALARM, IT IS IMPORTANT THAT WE GET OUR INFORMATION ONLY FROM THE PROPER AUTHORITIES.

For questions and concerns, please contact the **Public Health Unit of the University Health Service** on campus or in the health facility near you.

For daily updates and information about COVID-19, scan the QR codes to visit the websites of the Department of Health (DOH) Philippines and World Health Organization (WHO).



DOH



WHO

UP BAGUIO
(074) 442 0363

UP CEBU
(032) 232 2642
local 305

UP DILIMAN
(02) 8981-8500
local 2709 / 2701
<https://www.facebook.com/UHSPublicHealth/>

UP LOS BAÑOS
(049) 536 6238

UP MANILA
(02) 8554 8400
local 2076 / 2077
(02) 8523 5350

UP MINDANAO
(082) 293 0863
local 9051

**UP OPEN
UNIVERSITY**
(049) 536 6238

UP VISAYAS
Miag-ao campus
(033) 315 8301
Iloilo campus
(033) 337 8594



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IMAGES

Cover photo of surgeon using handwash in hospital / Adobe Stock
Illustrations of symptoms and prevention / Adobe Stock
Icons / The Noun Project

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HANDWASHING

When to Wash Your Hands



After coughing or sneezing



Before, during and after you prepare food



When hands are dirty, especially after using the toilet



When caring for the sick



Before eating



After handling animals or animal waste

How to wash your hands properly with soap and water

Use soap and water when hands are visibly soiled. Otherwise use **alcohol, alcohol based hand sanitizer**.



0 | Wet hands with water



1 | Apply enough soap to cover all hand surfaces



2 | Rub hands palm to palm



3 | Right palm over left dorsum with interlaced fingers and vice versa



4 | Palm to palm with fingers interlaced



5 | Backs of fingers to opposing palms with fingers interlocked



6 | Rotational rubbing of left thumb clasped in right palm and vice versa;



7 | Rotational rubbing, backwards and forwards with clasped fingers of righthand in left palm and vice versa



8 | Rinse hands with water



9 | Dry hands thoroughly with a single use towel



10 | Use towel to turn off faucet



11 | Your hands are now safe

For alcohol, alcohol-based and sanitizer, replace hand wash steps 0-1 by applying a palmful of the product in a cupped hand, covering all surfaces then apply steps 2-7, once dry, hands are now safe.

Sources:

<https://www.facebook.com/whowpro/photos/a.499491683555265/1446756502162107/?type=3&theater>

https://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1&fbclid=IwAR2eqNI-g4TP_XE4FnBxYuUqJJEJun1uKdVAL-2T3AyTsnO7XOdDOerNlyY

The COVID-19 is a present outbreak and information may change daily. Scan the QR codes for more information and daily updates regarding the COVID-19



Department of Health Philippines

World Health Organization





FACEMASKS

When to use facemasks



If you are coughing and or sneezing



If you are taking care of an individual with respiratory symptoms



If you are a health worker attending to an individual with respiratory symptoms

How to properly use your facemasks



Wash your hands with soap and water or alcohol, alcohol-based hand sanitizer before putting on your facemask.



Make sure that there are no gaps when you cover your nose and mouth. Avoid touching the surface of the facemask. Use the string to install the facemask.



Replace once the facemask is dampened. Do not reuse single use facemask. Dispose used facemask in proper waste bins.



Remove your facemask from behind. Use the strings to remove the facemask. Dispose the facemask immediately. Wash your hands with soap and water or alcohol, alcohol-based hand sanitizer before putting on your facemask.

Sources:

<https://www.facebook.com/whowpro/photos/pcb.1454733558031068/1454747178029706/?type=3&theater>

<https://www.facebook.com/whowpro/photos/pcb.1454733558031068/1454731308031293/?type=3&theater>

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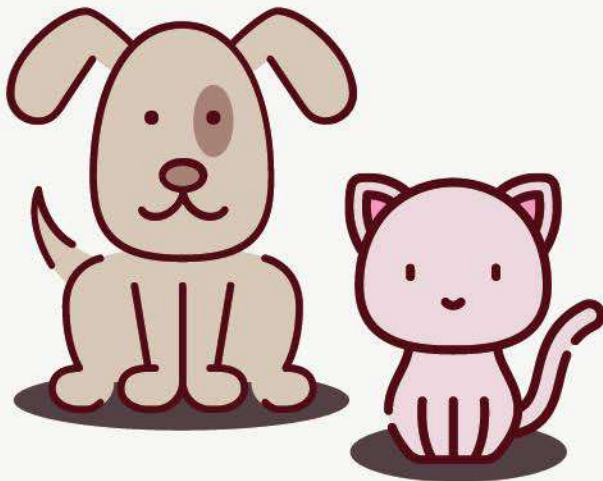
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INTERACTING WITH ANIMALS



Up to this date, there is no evidence that pets and animals such as dogs and cats can be infected with the COVID-19.

However, it is always a good practice do proper hand washing with soap and water after contact with animals/pets. This will also protect you against other common bacteria which can transfer between pets and humans.

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>



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RECEIVING LETTERS AND PACKAGES



It is safe to receive packages from China.

People receiving items like letters

and packages are not in risk of contracting

the COVID-19. Based from previous

analysis, coronaviruses do not survive

long on objects.

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>



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