

FOR INTERNAL RELEASE ONLY:

RELEASE COMMUNICATION TO ALL UNIVERSITY OF GUYANA STAFF AND STUDENTS INCLUDING IDCE

**THE UNIVERSITY OF GUYANA
TMC PRECAUTION RESPONSE UPDATE # 5 .
MARCH 15, 2020. 12.30 am**

IMMEDIATE SELF ISOLATION AND PREVENTION MEASURES RECOMMENDED FOR ALL STAFF AND STUDENTS

A few minutes ago a brief on the NCV 19 confirmed community spread. It appears a number of people may have been exposed at a community level on the East Coast corridor of Georgetown. Essentially anyone travelling in East Coast public transport, or having been at a certain market on the lower east coast within the last 2 days could have been casually exposed.

By 1pm today we will communicate the level of lock down we will employ as a containment measure from Monday. In the meantime this is our strong guidance:

With immediate effect we urge the following steps to protect yourselves, especially if you live in or have visited or had contact with anyone in the East Coast Corridor of Demerara or the accident and emergency at GPHC within the last 3 days. .

We need to help keep people calm and focused on taking immediate steps at protection and prevention through

- a) **Self isolation** - avoiding contact and public congregations
- 2) **Vigilance** - Looking for signs and symptoms in yourself and others and taking the necessary precautionary steps attached.
- 3) **Education** - Learn as much as you can about the disease and about staying safe and healthy. help others to do the same.
- 4) **Santization**: Continue to practice good personal hygiene and encourage others to do the same. Hand washing and other simple practices can keep you and loved ones healthy;
- 5) **Boost your immune system** to be able to fight infection though sunning yourself and personal items; adding vitamin C,B, D, K to your diet, and by staying calm.
- 6) **Seek Care: if you or a family member develop(s) any of the symptoms, you/he/she should remain at home and contact the MoPH hotline at 227-4986 ext 215 or 624-3067 for further assistance.**

Please continue to check UG secure sources for updates. These would be your UG email, whatsapp and UG website (Not FB).

Please see attached prevention Tip sheet and please check UG's secure sites for updates : UG website, SRMS and HRMS.

May we be blessed and work to overcome.