NOVEL CORONAVIRUS DISEASE
COVID-19
Advice for the UP Community
as of 13 February 2020
**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)

**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

**PERSON UNDER MONITORING (PUM)**
and should observe home self-quarantine

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

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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.

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**UNIVERSITY OF THE PHILIPPINES HEALTH SERVICE**

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

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**PATIENT**

**EXPOSURE**
- Did you travel to China, Macau, or Hong Kong?

**OR**
- Did you have close contact with a confirmed or probable case within 14 days of illness onset?

**NO**

**SYMPTOMS**
- Do you have a fever?

**OR**
- Do you have cough or other respiratory symptoms?

**YES**

**TIMING**
- Did the symptoms occur within 14 days of exposure?

**NO**

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**TRIAGE / CLINIC / PHYSICIAN**

**PERSON UNDER MONITORING**
- Inform the City Epidemiology Surveillance Unit (CESU) or its municipal counterpart
- Send home with advice

**PATIENT UNDER INVESTIGATION**
- Verify and coordinate with CESU
- Complete the case investigation form (CIF)
- Admit to a specialized hospital

- Refer to ER or other clinic for appropriate work-up and management

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

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HOW CAN I PROTECT MYSELF FROM THE NOVEL CORONAVIRUS DISEASE?

**OBTAIN 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 immuno-compromised 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).

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
Miagao campus
(033) 315 8301
Iloilo campus
(033) 337 8594
NOVEL CORONAVIRUS DISEASE
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REFERENCES


IMAGES

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

PRODUCED BY THE UP MEDIA AND PUBLIC RELATIONS OFFICE
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.

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
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.499498983552651/1446756502162107/?type=3&theater
https://www.who.int/gpsc5mays/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1&fbclid=IwAR2eqNF-g4TP_XE4FnBxYuUq.9jJm1fPuKdVAL-2T3AyTs07XQdDOerNIlqY

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
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/pb.14547353558031068/1454747178029706/?type=8&theater
- https://www.facebook.com/whowpro/photos/pb.14547353558031068/1454731308031293/?type=3&theater
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 to 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.

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.