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Office of the President

14 April 2023

OFFICE MEMORANDUM

No. 129 series of 2023

TO: **Vice Presidents
Deans and Directors
Heads/ Chiefs of Offices
Faculty Members
Non-Teaching Personnel
Students
All Concerned
Bicol University**

SUBJECT: **Reiteration of the observance of precautionary measures to avoid the spread of COVID-19 virus and other communicable viruses**

In reference to the information and notice released to the public by the Department of Health - Bicol Center for Health Development on April 13, 2023 on the increasing COVID-19 cases in the Bicol region from April 2-8, 2023 with 26.31% increase compared to the previous week's number of cases, this Office joins the DOH – CHD Bicol in its awareness information drive to encourage the public to be mindful of the risks around them to avoid the spread of COVID-19 virus and other communicable viruses.

In order to avoid further spread of the COVID-19 virus and other communicable viruses, everyone is highly encouraged to observe the minimum health and safety protocol, such as:

1. wearing of face mask in crowded and closed places;
2. frequent washing of hands;
3. using of 70% alcohol-based sanitizer;
4. having proper ventilation in classrooms and offices;
5. isolating when experiencing flu-like symptoms like fever, cough, flu, sore throat and others;
6. visiting health facility for check-up if necessary; and
7. getting completely vaccinated to avoid severe and critical symptoms of COVID-19.

Everyone is further encouraged to take active part in the activities and initiatives to help stop the spread of the COVID-19 virus and other communicable viruses in the university, such as being prudent in undertaking extra- curricular activities among students to lessen the chances of gathering big crowds, unless very necessary.

For information, guidance and widest dissemination to all in Bicol University.


BABY BOY BENJAMIN D. NEBRES III
SUC President IV

Enclosure: As stated



ABISO SA PUBLIKO

April 13, 2023

Ang Department of Health Bicol Center for Health Development (DOH Bicol CHD) ay nagbibigay abiso sa publiko na nagkaroon ng pagtaas ng kaso ng COVID-19 sa Bicol Region. Base sa datos na nakalap mula April 2 hanggang April 8, 2023, nakapagtala ng 26.31% na pagtaas ng kaso sa kabikolan kumpara sa nagdaang linggo (March 26, 2023 to April 1, 2023).


Kaugnay ng pagtaas ng kaso, inaabisuhan ng Kagawaran ang publiko patungkol sa kahalagahan ng pagsusuri ng panganib sa bawat aktibidad o lugar na pupuntahan. Hinihikayat pa rin ang pagsuot ng face mask lalo na sa matatao at kulob na lugar. Ugaliin rin ang tamang paghuhugas ng kamay at paggamit ng 70% alcohol-based sanitizer. Itong mga paraan na ito ay mahalaga upang maiwasan ang hawaan ng COVID-19 at iba pang mga nakahahawang sakit.

Ipinapaalala rin ng Bicol CHD ang kahalagahan ng pag-isolate at pananatili sa bahay kung nakararanas ng flu-like symptoms tulad ng lagnat, ubo, sipon, sore throat at iba pa. Bisitahin ang pinakamalapit na health facility at magpasuri kung kinakailangan.

Ang pagpapabakuna o booster ay napatunayang mabisang paraan upang maiwasan ang malubha at kritikal na sintomas ng COVID-19. Lubos na mahalaga ang pagpapabooster upang mas mapalakas ang proteksyon laban sa naturang sakit.

Higit tatlong taon na ang COVID-19 ngunit hindi pa rin ito tuluyang nawawala sa kadahilanan na mayroon pa ring mga nahahawa. Ang tuluyan na pagsugpo ng sakit na ito ay nakasalalay sa bawat indibidwal. Sundin ang mga paraan na nabanggit. Ito ay hindi lang mga paraan para sa pag-iwas ng COVID-19 kundi pati ibang mga nakahahawang sakit.

Serbisyo ng Salud Bikolnon

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