

LAIKIPIA

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UNIVERSITY

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MEDICAL DEPARTMENT

REF: LU/ADMIN/MED/28/VOL.11/0100

DATE: 13TH MARCH, 2020

TO: ALL STUDENTS, STAFF, AND GENERAL PUBLIC

RE: PREVENTION OF SPREAD OF CORONA VIRUS DISEASE (COVID-19) IN LAIKIPIA UNIVERSITY- UPDATE 2

Following the coronavirus disease outbreak in the Chinese city of Wuhan, Hubei Province and in view of its continuous spread across the world including the African continent, the world health organization has declared it a public health Emergency of international concern. Our country remains at high risk of the COVID 19 infection and **today 13/03/2020 one case has been reported in the country**. To date there is no vaccine or drug to treat the disease. Prevention of the disease remains the only option and calls for our collective responsibility. The Medical Department as a matter of precaution is requesting all Students, Staff and the General public within and surrounding the university to take care of their health and protect others by making deliberate efforts in the prevention and control of the disease through undertaking the following measures recommended by the Ministry of Health and WHO.

- 1. Regularly and thoroughly Washing Hands** with soap for at least 60seconds particularly after coughing when caring for the sick, before, during and after preparing food, after blowing our nose, coughing or sneezing, if soap and water are no available use an alcohol based sanitizer with at least 60% alcohol.
 - Washing your hands with soap and water or alcohol based sanitizers with at least 60% alcohol kills the viruses.

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2. **Practice and encourage others to practice respiratory hygiene** by covering mouth and nose with your flexed elbow, handkerchief or tissue when coughing or sneezing and then disposing of the tissues immediately.
3. **Avoid indiscriminate spitting in public**-use tissues and dispose immediately.
4. **Clean and disinfect** frequently touched surfaces and objects using regular house hold disinfectant spray or wipe.
5. **Avoid close contact** with people who are experiencing or if you are experiencing cough and fever keep a **1 metre** distance.
6. **Practice food safety**-Animals that are sick or have died should not be eaten.
 - Wash hands after handling or preparing animal products.
 - Thoroughly cook meat or eggs.
7. **In case someone shows symptoms of COVID 19 use face mask** to prevent the spread of the disease to others.
8. **Avoid touching eyes, nose and mouth.**
9. **Keep updated on the latest COVID- 19 hotspots**, encourage only essential travel and if possible avoid travelling to these affected places.
10. **Avoid Gatherings e.g Crusades**, Inter-colleges/schools games
11. **Avoid Handshaking**
12. **Report immediately** to the Laikipia university medical Centre or nearest medical facility if one presents or shows the following respiratory signs and symptoms - fever, sneezing, cough ,shortness of breath and in more severe cases pneumonia and severe respiratory distress.

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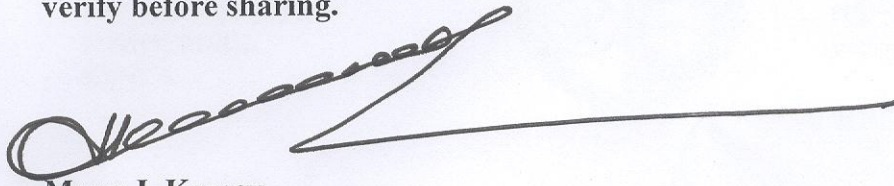
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If possible call in advance to be advised or be directed to appropriate health facility
There is a lot of unverified information on social media some with no scientific basis kindly verify before sharing.



Moses I. Kamau
Ag. Medical Officer i/c

- c.c. - Vice Chancellor
- Ag Deputy Vice Chancellor (A&FP)
 - Deputy Vice Chancellor (AR&SA)
 - Directors
 - Deans
 - HODS
 - Dean of students
 - All Staff
 - All Notice Boards

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