

Guidance for UP Manila Community
Related to Influenza A (H1N1): UPM Advisory 2/June 13, 2009

Reduction of Consequences of the Pandemic Influenza

On June 11, 2009, the World Health Organization declared that Phase 6 of the influenza pandemic is now in place.

In response to this new development, and to reduce the consequences of the current influenza pandemic to the school and hospital setting, the following will be strictly enforced in UPM, including the UP-PGH, effective June 15, 2009.

- 1) As the health sciences center of the University of the Philippines, the UPM takes the lead in responsible institutional action in response to the current influenza pandemic. Each and every member of the UPM community should act for the better good of all.
- 2) If an individual has influenza-like illness with any of fever, colds, cough or sore throat, it is best to stay at home, rest and manage this condition with supportive measures such as paracetamol for fever. **He should not go to school nor work. He should not attend meetings. He should not go to public areas such as the church, mall, movie houses and similar places. He should not attend large gatherings such as conferences, workshops, weddings, parties, and similar events.** He should call or send a text message to his college secretary or other contact persons to inform them of the illness. He can also text or call the UPM H1N1 Hotline for instructions or for answers to any queries.

If the individual feels his condition is not mild or is worsening, or feels uncomfortable at home, or no one to care at home, or has difficulty with breathing, chest pain, unable to maintain adequate intake of food or fluids, he should consult the hospital of his choice for possible admission.

- 3) To reduce the repercussions of too many absences and avoid repeated suspension of classes, the 10-day quarantine may include wearing a plain surgical mask properly the whole time an exposed individual to confirmed case or traveller is not within the confines of his or her quarantine space at home.
- 4) All students, faculty and staff of the UPM as well as individuals who are subcontracted by other groups to provide services and thus whose work is within the UPM (such as Security, food businesses in the cafeterias, research projects and others) will be required to be familiar with the guidelines stated in UPM Advisory 1 and follow them accordingly.
- 5) All UPM students, faculty and staff will be required to submit a signed Health Declaration and Commitment to Comply (*see Attachment A*) to the their corresponding colleges, departments, units. This health declaration and commitment to comply all guidelines will assure our institution that you know the ways to prevent influenza A (H1N1) and commit to follow the precautions.

- 6) Because of the potential impact to patients, UP-PGH personnel and all its trainees will be required to submit and update their Health Declaration and Commitment to Comply (*see Attachment A*) every 6 months while the worldwide Pandemic Level 6 is being observed.

As seen in cases in some countries, complications of influenza occurred more frequently among persons who had chronic medical conditions or were pregnant. It is therefore important not to have any nosocomial acquisition of the virus from a healthcare worker.

- 7) Colleges, departments and units will encourage healthy habits. Posters of hand hygiene (*see Attachment B*) and cough etiquette (*see Attachment C*) should be put in common areas and near sinks. Soap and mechanism to dry hands should also be worked out by each college, department and unit.

Everyone should bring their own supply of alcohol or alcohol based hand rub and use accordingly. Everyone should also bring their own tissue supply and dispose these after use responsibly.

- 8) If a case of influenza A(H1N1) will be identified in the UPM, subsequent steps will be according to the guidance of the Department of Health (DOH) and the Commission on Higher Education (CHED). Individuals and groups who will be identified by the index case as possible contacts will be informed and guided accordingly.
- 9) All individuals must give their contact numbers (preferably mobile number) to their identified organization, unit, department, college so each one can be reached if and when individuals and groups need to be urgently informed of any event or exposure.

This communication flow will be organized throughout all the colleges and units on June 15-30, 2009 and updated every six months while the pandemic Level 6 is still in place.

- 10) Similarly, official information related to influenza A (H1N1) will come only from the Chancellor and cascaded according to the same communication flow.
- 11) Members of the UPM community are prohibited from making unnecessary announcements related to influenza A H1N1 which may trigger panic and fear. This also includes creating and sending unconfirmed text messages about influenza A H1N1 which are false.

Attachment A

University of the Philippines Manila

Health Declaration and Commitment to Comply: Influenza A (H1N1)

I, _____, of the College of _____
hereby declare the following as true:

- That I shall make extra effort to be always informed about the current influenza pandemic as it affects the world and the Philippines;
- That I shall keep myself updated with the situation within the UPM community by reading all the UPM advisories and news related to influenza A (H1N1);
- That I will always observe good hygiene and healthy habits;
- That I will practice hand hygiene as often as necessary;
- That I will observe strict cough etiquette whenever necessary;
- That I will follow UPM quarantine rules after a travel to a country confirmed to have influenza A (H1N1) or close contact to a confirmed case;
- That I will not participate in gossip or join exchange of text messages of unconfirmed news about influenza A (H1N1) that can cause panic and fear;
- Most importantly, that I will not expose others unnecessarily by staying home in isolation if and while I have influenza-like illness which may include any or all of the following: fever, cough, colds, sore throat; this includes not going to work or school, not attending gatherings or visit public areas, and not going on duty at the hospital and seeing patients if I think I may have the influenza A (H1N1);
- And that I will seek medical consultation according to the UPM guidelines.

All these I will commit to do during this period of influenza pandemic as a responsible member of the UPM community.

Signature: _____

Keep this upper portion in your file

Detach and submit lower portion with signature to College Secretary/Department of Unit Head

Name: _____

Student No. _____

College/ Unit/Department: _____

Signature: _____

Contact Number for Contact Tracing: _____



Defined Technique in HAND HYGIENE

Based on CDC and WHO guidelines



You can use any of the following: soap and water, alcohol or alcohol-based handrub disinfectant. Repeat each step below five times.



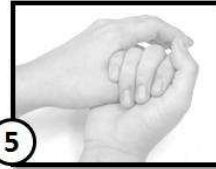
Palm to palm



Back of fingers to opposing palms, fingers interlocked



Right palm over dorsum, and vice versa



Rotational rubbing of left thumb clasped in right hand, and vice versa



Palm to palm, fingers interlaced



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm, and vice versa



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COUGH ETIQUETTE

simple tips to **reduce** flu transmission



If you feel ill or are coughing, **PLEASE**



Stay at home and avoid public or crowded places



Cover your mouth and nose when you cough



Use tissue paper for your secretions



Wear surgical mask



Do not spit anywhere



Wash your hands often