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Special Release

21 February, 2024

UNIVERSITY HEALTH SERVICE

HEALTH ADVISORY TO THE UNIVERSITY COMMUNITY

1. It has been noticed that most of those visiting the clinic in recent times present with features of Upper Respiratory Tract Infection (URTI) for which environmental conditions are the known major contributors. URTI contributes to significant avoidable loss of man hours at school (for students) and the workplace (for staff) both from time spent seeking care and the period of recovery as well as rapid depletion of hospital resource.

To reduce incidence of this largely preventable disease and the accompanying losses, UHS is hereby advising members of the University community and the general public to:

- Use face mask in public.
 - Practice regular hand hygiene (with soap and water or sanitizer).
 - Boost immunity by taking fruits (especially citrus fruits).
 - Stay hydrated. Drink at least 3-4 litres of water daily.
 - Avoid gatherings or crowded places and use face mask when ill. This is in order to prevent spread of the respiratory condition to other individuals as well as protect oneself from acquiring new infection thereby complicating pre-existing illness.
2. It has also been projected by the Nigerian Meteorological Agency that air temperatures could remain high (up to 40°C) in the coming days.

Hence, in addition to the above, the University community and the general public are also advised to:

- Seek shade, use fans, and wear light breathable clothing to reduce the negative effects of high temperatures.
- Avoid strenuous physical outdoor activity during peak heat hours.
- Stay indoors as much as possible between 12 noon and 4 pm.

Stay safe. Stay healthy.

Thank you.

G. O. Saliu, MANUPA, MNIM, MAUA
Registrar