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Special Release

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### **Communication from UHS: Preventive measures to promote health**

1. Members of the University community are hereby reminded that prevention is still the mainstay of health care and therefore advised to ensure participation in routine vaccinations, screening programs, and health checks in addition to personal preventive measures like hand washing, cough etiquette, rest, proper eating habits and other recommended public preventive measures like adequate vaccination of domestic animals.
2. Lifestyles that can contribute to development and/or advancement of physical and mental diseases, including: excessive exposure to stress, inappropriate/unhealthy eating habits, toxic relationships, use of illicit drugs, alcoholism, smoking, pornography and the like should all be avoided. We are all enjoined to adopt healthy lifestyles.
3. Regular investment in personal and public preventive measures help to reduce the burden of diseases significantly.

Thank you.

**Ganiyu O. Saliu, MANUPA, MNIM, MAUA**  
*Registrar/Secretary to Council*