

From: Byrne, Michael (Dr.)
Sent: Wednesday 5 February 2020 17:15
Subject: FW: novel-Corona Virus Outbreak update

Dear All,

Below is a series of important information updates on the novel Corona Virus Outbreak.

Health Protection Surveillance Centre (HPSC) Updates:

UCC Student Health Webpage Updates:

The www.hpsc.ie website is updated daily at **13:00 hours** as recommendations emerge or evolve in response to the novel Corona Virus outbreak.

The Student Health webpage www.ucc.ie/en/studenthealth/flu is reviewed daily and updated in the light of any new or evolving recommendations emanating from the HPSC, whilst taking into account the university setting and university operations.

UCC will continue to monitor any recommendations from the HPSC and act on advice as it emerges. You can keep up to date with the latest advice by visiting these two websites regularly.

HPSC recommended actions for people coming to Ireland, having been in Mainland China.

On the 4th of February The HPSC published new recommendations for those recently returned or intending to return from Mainland China*.

These are available in summarised table form on the www.ucc.ie/en/studenthealth/flu webpage. They are intended for and will be helpful to those who have departed (or are intending to depart) mainland China*, on or after 20/01/2020.

Please ensure that any of your students or staff who have departed or are intending to depart mainland China, on or after 20/01/2020 are made aware of these recommendations by re-sending and endorsing this email to the individuals involved.

General Infection Control Measures to help protect yourself from contracting viral infections:

Infections are usually transmitted from one individual to another by droplet or airborne routes. This is true of Mumps and Influenza viruses, which are circulating in Cork at the moment, and also appears to be the method for human to human transmission of novel Corona Virus. Therefore one of the most effective means to reduce the risk of transmission of these viruses is to **adopt regular hand washing habits** and **obey the rules of good respiratory hygiene and cough-etiquette**:

Whether you have symptoms or not, it is always good practice to wash your hands regularly and cover your mouth and nose with a tissue or the bend of your elbow when you cough and sneeze.

Hand washing

Wash your hands regularly. You should wash your hands:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- when caring for the sick
- when hands are dirty
- after handling animals or animal waste

Wash your hands with soap and running water when hands are visibly dirty.
If your hands are not visibly dirty, wash them with soap and water.
If soap and water are not to hand, you should use an alcohol-based hand rub.
See HPSC website-Hand hygiene at <https://www.hpsc.ie/a-z/gastroenteric/handwashing/postersvideos/>

Respiratory Hygiene and Cough Etiquette

Cover your mouth and nose with a clean tissue when you cough and sneeze and then promptly, dispose of the tissue in a bin and wash your hands.
If you don't have a tissue, cough or sneeze into the bend of your elbow instead, not into your hands.

Do I need to wear a facemask to protect myself from coronavirus?

Currently the HSE are not advising use of facemasks for members of the general public. The most important action that people can take to protect themselves from coronavirus is regular hand-washing and good respiratory etiquette.

Posters and signage:

Posters emphasising the importance of good cough etiquette and respiratory hygiene measures are being erected in public spaces throughout the campus by the General Services section of the Department of Building and Estates.

These posters are also available for downloading and use in local units of the University.

The ideal locations include public lobbies, outside washrooms and adjacent to locations where food is consumed.

The posters are available in **English** [Poster](#), agus tá **leagan Ghaeilge** ar fáil chomh maith [Póstaer](#)

Solidarity with students and staff affected

UCC is a collegiate community and expressing concern to and for our students and staff who may be affected by the ongoing situation is one way of showing that collegiality.

Regards

Dr Michael Byrne Head of Student Health Services & Mr. Keith Burke Deputy Corporate Secretary

In this instance and in relation to management of this outbreak, Hong Kong and Macau are not included in the risk area described as Mainland China