

Health and Safety Guidelines

To ensure a safe and comfortable experience for all participants, please take note of the following reminders and precautions:

1. Health Stations and Emergency Services

- a. Two designated health stations are available on-site. Please refer to the venue map for their exact locations.
- b. Ambulances are stationed nearby, with additional on-call units ready to respond promptly in case of emergencies.
- c. For immediate medical assistance, approach any staff member or proceed to the nearest health station.

2. Personal Health and Medical Precautions

- a. Individuals experiencing fever, cough, sore throat, or similar symptoms are advised to stay home.
- b. Participants taking maintenance medications are advised to bring enough supply for the duration of the event.
- c. Those with diabetes are encouraged to bring appropriate food or snacks to help manage blood sugar levels.
- d. Pregnant attendees and senior citizens are requested to take necessary precautions, avoid prolonged standing, and seek assistance from staff if needed.
- e. For any health concerns, please proceed to the clinic or the nearest health station where medical personnel are available.

3. Earthquake Safety Guidelines

- a. In the event of an earthquake, please remain calm and follow the “Duck, Cover, and Hold” protocol:
 - i. Duck under a sturdy table or chair to protect yourself from falling objects.
 - ii. Cover your head and neck with your arms and stay low until the shaking stops.
 - iii. Hold on to your shelter or stay in place to prevent injury.
- b. If you are outdoors, move away from buildings, trees, and power lines.
- c. Once the shaking stops, follow the guidance of event marshals and proceed calmly to the designated evacuation area indicated on the venue map.

4. Face Masks and Social Distancing

- a. Wearing a face mask
 - i. All individuals with ILI or any respiratory symptom are required to wear a mask at all times within the UPOU campus.
 - ii. Persons without fever but with respiratory symptoms (e.g., cough, colds, sore throat) are also required to wear a mask, especially while indoors.
 - iii. Vulnerable or immunocompromised individuals should wear a mask at all times.
- b. Social distancing is encouraged to maintain a safe and comfortable environment.
 - i. All graduates and guests must occupy their assigned seats to maintain order, ensure smooth transitions, and facilitate efficient movement during the event.
 - ii. Please observe floor markers and spacing indicators throughout the venue.

5. Sanitization and Hygiene Practices

- a. A staff member will sanitize the lectern and microphone between speakers.
- b. Attendees are encouraged to perform frequent hand hygiene.
- c. Hand sanitizers will be placed strategically throughout the venue, and soap and water are available in all comfort rooms.
 - i. **Recommended times for hand hygiene:**
 1. Upon arrival at the venue
 2. Before and after eating or drinking
 3. After using the restroom
 4. Before and after touching or removing face coverings
 5. After handling trash or other people's belongings
 6. After coughing, sneezing, or blowing your nose

6. Wildlife Alert and Safety

- Due to recent storms, there have been occasional snake sightings in the area.
- Please remain alert and report any sightings immediately to a staff member so the safety team can respond appropriately.
- Refer to the provided brochure on snakebite preparedness for important first-aid steps and safety reminders.

7. Important Reminder

- Your safety and well-being are our utmost priority.
- Please follow all posted guidelines, cooperate with marshals and event staff, and report any concerns promptly.



FIRST AID FOR SNAKE BITE

What to do when bitten by a snake

30 min

DO'S



Call medical help immediately



Do not cut bite site.
Clean wound and apply pressure bandage to bitten limb



Restrict movement



Transport quickly to the nearest hospital that can deliver emergency care, anti-tetanus, and antivenom

DONT'S



Do not try to suck out venom



Do not apply tourniquet that can impede blood circulation



Do not elevate the wound above the heart or chest level



No aspirin, pain relievers, or traditional remedies

TIME IS CRITICAL: 30 MINUTES

For other PCAV-related queries, contact us at:
☎ 807-2631/ 32/ 37
Director's Office Loc. 235
PCAV Office Loc. 333
🌐 www.ritm.gov.ph



EARTHQUAKE REMINDERS



PREPARE AN EMERGENCY KIT.



water and non-perishable food good for 3 days per person



emergency tools (i.e., whistle, flashlight, battery-powered radio, rope)



sanitation supplies (i.e., face masks, alcohol, towels, sanitary pads)

LEARN THE SAFE SPOTS AND CREATE AN EVACUATION PLAN.

Stay away from walls and heavy falling objects like furniture. Have a designated evacuation site or meeting place.

EVACUATE USING THE SAFEST AND FASTEST WAY.

- Don't forget to bring your emergency kit!
- Observe at least one meter distance.



SOURCES: CDC.GOV, SES.VIC.GOV.AU, PHIVOLCS.DOST.GOV.PH,

DUCK

or drop down onto your hands and knees.

COVER

your head and neck with one hand underneath a sturdy table or near an interior wall.

HOLD

onto your shelter (or head and neck) until the shaking stops.



IF YOU'RE TRAPPED, BLOW YOUR WHISTLE OR TAP ON A PIPE OR WALL.

Cover your mouth with cloth for protection. Shouting should only be used as a last resort as it may cause you to inhale dust.





OFFICE OF THE CHANCELLOR
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OPEN UNIVERSITY

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Memo No. CJVS 2025-064

17 October 2025

TO: All UPOU Employees and COS

SUBJECT: University Advisory on Influenza-Like Illness (ILI) Prevention and Management

The University of the Philippines Philippine General Hospital (UP PGH), through its Director Dr. Gerardo D. Legaspi, has issued an advisory regarding the recent increase in **influenza-like illness (ILI)** cases across UP campuses. The PGH Hospital Infection Control Unit (HICU) has noted an uptick in UP Health Service (UPHS) consultations for respiratory illnesses since September 2025. This coincides with the usual seasonal rise in influenza activity expected at this time of the year.

In support of this advisory, the University of the Philippines Open University (UPOU) reminds everyone to remain vigilant and observe the following preventive measures:

1. Health Protocols

- Individuals experiencing fever, cough, sore throat, or similar symptoms are advised to stay home, rest, and isolate.
- All individuals with ILI or any respiratory symptom are **required to wear a mask** at all times within the UPOU campus.
- Persons without fever but with respiratory symptoms (e.g., cough, colds, sore throat) are also **required to wear a mask**, especially while indoors.
- Vulnerable or immunocompromised individuals **should wear a mask at all times**.
- Maintain **proper hand hygiene** at all times.
- Consult a physician for proper assessment and management.



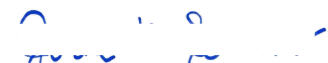
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2. Vaccination and Hygiene

- **Annual influenza vaccination** is strongly encouraged for all faculty, staff, and students.
- Keep classrooms and offices **well-ventilated** and ensure regular cleaning of frequently touched surfaces.

Let us all work together to maintain a **safe, healthy, and resilient UPOU community**.


JOANE V. SERRANO
Chancellor