

8 October 2020

COVID-19 PANDEMIC: EMBRACING THE NEW NORM IN THE NEW NORMAL

The Covid-19 global pandemic is a wake-up call for all. We have witnessed all rigorous measures and regiments towards ensuring the effort of the front-liners to break the chain of Covid-19 would not lay to waste. As we are now in the Recovery MCO (RMCO) phase which will last until 31 December 2020, the University aims to provide high quality service to the students while absorbing the direct impact of the pandemic on the students' learning time and experience.

Meanwhile, the University has been monitoring closely and taking safety measures for all students following the government's advice and guidelines because your health and wellbeing is our top priority. Please ensure you take the required precautions as below:

A. GOOD PERSONAL HYGIENE

- Clean hands with soap and water or sanitizers regularly.
- Cover nose and mouth with tissue when coughing and sneezing.
- Wear a mask when necessary.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Thoroughly cook meat and food.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid unprotected contact with live wild or farm animals.
- Disinfect the homes regularly.

B. SOCIAL RESPONSIBILITIES TO COMMUNITY

- Seek immediate medical attention and treatment by registered medical doctors by providing accurate travel history (if applicable), occupation, contact number and cluster information on persons you have close contact with should you feel unwell and have any signs and symptoms of fever, coughs, cold or flu.
- Wear a mask as a precautionary measure to prevent spreading infection to others when you go out.
- Practice physical distancing by keeping at least 1 meter from crowds or strangers.
- Perform respiratory etiquette by covering your cough or sneeze with a tissue and to immediately discard it in the bin and wash your hands
- Avoid non-essential travels and large gathering.
- Should you need to go out, please adhere to the guidelines by the Ministry of Health (MOH) and the National Security Council (NSC) from time to time.

C. CARE FOR YOUR EMOTIONAL WELLBEING

- Limit your exposure to Covid-19-related media content.
- Stick with reliable source to avoid and prevent the spread of fake news.
- Share your concerns with a friend or family member.
- When you need help, just ask.

D. MAINTAIN HEALTHY CONNECTIONS WITH OTHERS

- Connect with your friends from the University via apps, for example Google Talk, Zoom and Microsoft Teams.
- Change the subject of your e-conversation by talking about something other than Covid-19.

E. TAKE CARE OF YOUR PHYSIQUE

- Reduce the risk of Covid-19 exposure and infection by avoiding body contact sports, combat sports and team sports.
- Go for outdoor sports that has less body contact.
- Utilise the power of the Internet to find suitable workouts to do at home.
- Practice mindful eating tips.

F. COVID-19 UPDATES

The information about MySejahtera app may be found here:

- https://mysejahtera.malaysia.gov.my/FAQ_en/

The following link provides the update of COVID-19:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>
- <https://www.thestar.com.my/news/nation/2020/03/23/covid-19-current-situation-in-malaysia-updated-daily>

For more information about COVID-19, please visit the following links:

- World Health Organisation** - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Centres for Disease Control and Prevention** - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- From the Desk of the Director-General of Health Malaysia** - <https://kpkesehatan.com/>
- COVID-19 Portal** - <https://globalbiodefense.com/novel-coronavirus-covid-19-portal/>

Kampar Campus : Jalan Universiti, Bandar Barat, 31900 Kampar, Perak Darul Ridzuan, Malaysia

Tel: (605) 468 8888 Fax: (605) 466 1313

Sungai Long Campus : Jalan Sungai Long, Bandar Sungai Long, Cheras, 43000 Kajang, Selangor Darul Ehsan, Malaysia

Tel: (603) 9086 0288 Fax: (603) 9019 8868

Website: www.utar.edu.my



G. GENERAL CONTACT

For any assistance, information, query and emergency, feel free to contact us via:

- General Email – dsa@utar.edu.my
- Hotline (Monday to Friday, 8.30am to 5.30pm) – 016-2100864 (Kampar) / 016-2100862 (Sungai Long)

Remember,

AVOID the 3Cs:

- × Crowded places.
- × Confined and enclosed spaces.
- × Close-contact setting and conversations.

Instead, PRACTICE the 3Ws:

- ✓ Wash hands with water and soap frequently.
- ✓ Wear face mask especially in public places or when encounter people who are having fever and flu.
- ✓ Be Warned and Wary by avoiding handshakes, staying at home and seeking treatment if you are developing symptoms related to Covid-19.

Stay Strong, Stay Safe and Stay Healthy.

Thank you.

Department of Student Affairs
Universiti Tunku Abdul Rahman

Kampar Campus : Jalan Universiti, Bandar Barat, 31900 Kampar, Perak Darul Ridzuan, Malaysia

Tel: (605) 468 8888 Fax: (605) 466 1313

Sungai Long Campus : Jalan Sungai Long, Bandar Sungai Long, Cheras, 43000 Kajang, Selangor Darul Ehsan, Malaysia

Tel: (603) 9086 0288 Fax: (603) 9019 8868

Website: www.utar.edu.my

