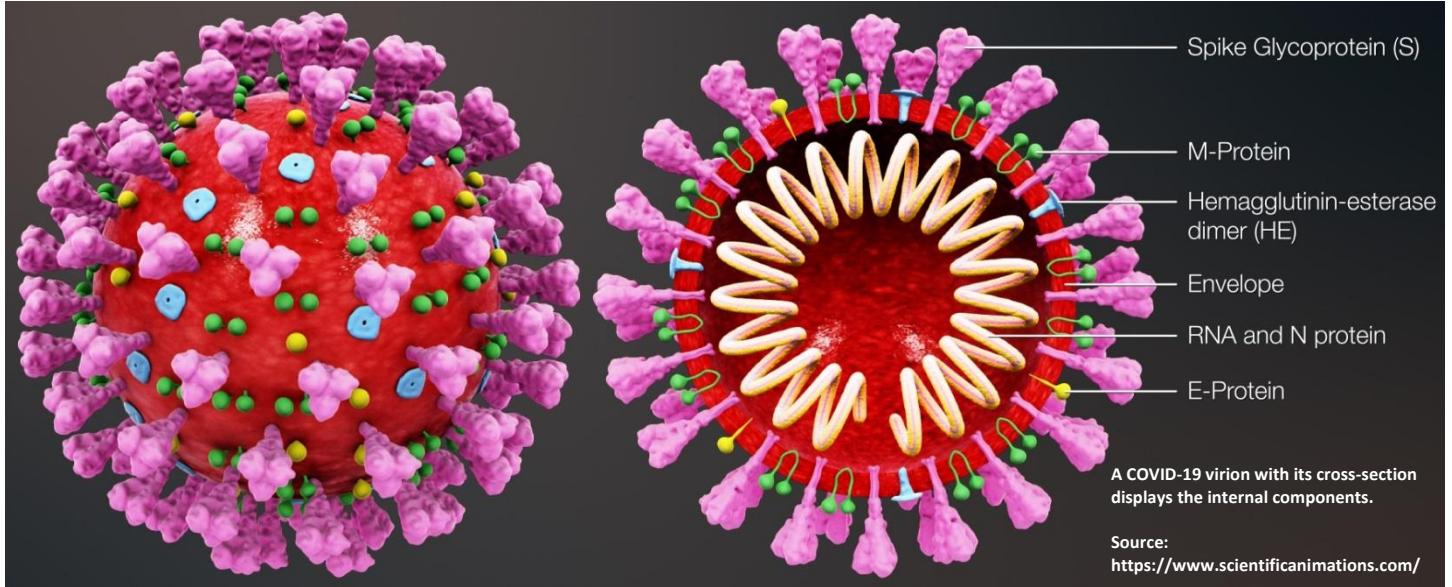


[WARNING] The Coronavirus Disease 2019 Epidemic

The coronavirus disease 2019 (COVID-19) was first detected in early December 2019 and has been declared by the World Health Organisation as a Public Health of International Emergency Concern (PHEIC) on 30 January 2020. Since this has become a global health issue, it is crucial for us to understand the nature of this causative pathogen and to take necessary preventive actions and precautionary measures.



What is a Novel Coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans. The new, or “novel”, coronavirus that is responsible for COVID-19 had not previously detected before the outbreak was reported in December 2019. This COVID-19 virus may have formed as a result of viruses from bats and snakes combined before spreading to humans.

Is the New Virus the Same as SARS?

No, this COVID-19 virus is from the same family of viruses as Severe Acute Respiratory Syndrome (SARS-CoV) but it is not the same virus.

What are the Seven Human Coronaviruses?

The identified human coronaviruses are as follows:

Human Coronaviruses	
Common	Other (Novel due to Evolution)
i. 229E (alpha CoV) ii. NL63 (alpha CoV) iii. OC43 (beta CoV) iv. HKU1 (beta CoV) Global citizens commonly get infected with human coronaviruses 229E, NL63, OC43 and HKU1. Human CoVs Information: https://bit.ly/2TQaTIq	v. MERS-CoV (beta CoV) Middle East Respiratory Syndrome (MERS-CoV) was first reported in Saudi Arabia in 2012. All cases to date have been linked to countries in or near the Arabian Peninsula. MERS-CoV Information: https://bit.ly/2GdMww7 vi. SARS-CoV (beta CoV) Severe Acute Respiratory Syndrome (SARS-CoV) was first recognised in China in 2002. Since 2004, there have not been any known cases of SARS-CoV infection reported anywhere in the world. SARS-CoV Information: https://bit.ly/2NRgES7 vii. COVID-19 Virus (beta CoV) The coronavirus responsible for COVID-19 outbreak in China in December 2019 has been identified as SARS-CoV-2. However, to avoid confusion, this coronavirus is referred as COVID-19 virus or the coronavirus that is responsible for COVID-19. COVID-19 Virus Information: https://bit.ly/37jhW03

Are Certain Groups more at Risk of Infection?

People of all ages are at risk of contracting the disease. Adults of all ages have been infected. Nearly 75% of the initial 41 patients were male. Elderly with predispositions and young children are most vulnerable and susceptible to the most severe form of the disease.

What are the Signs and Symptoms of Someone Infected with a Coronavirus?

The incubation period – the time from exposure to the onset of symptoms – is believed to be approximately between 1 to 14 days. The symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure. However, it remains unclear if the deadly virus is contagious during its incubation period before the symptoms appear. Reported symptoms have included fever in 90% of cases, fatigue and a dry cough in 80%, rapid and shortness of breath in 20%, with respiratory distress in 15%. Other common symptoms may include:

- Runny nose
- Headache
- Sore throat
- Chills
- Body aches
- Breathing difficulty

Blood tests have commonly shown low white blood cell counts (leukopenia and lymphopenia). The new coronavirus is highly contagious and causes a fast and high fever where the temperature is hard to lower. Although the attempt to lower the high temperature is successful, the fever will return immediately. The next stage is coughing for a long duration. This symptom is prevalent in children as they are the ones who are mainly affected. Adults have mainly fatigue, sore throat and dry cough in the early stages of the disease, together with headaches and physical discomforts. As the illness progresses, patients may experience difficulty breathing. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Can Coronaviruses be transmitted from Person to Person?

Yes, human coronaviruses can be transmitted from a person to another, usually in a confined space for example in a household, workplace or healthcare centre, through the following methods:

- Air by coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface contaminated with the virus on it, then touching your mouth, nose or eyes before washing your hands.
- Rarely, faecal contamination.

The COVID-19 virus is confirmed to be transmissible via human-to-human contact. The virus is found to be able to enter your body if your throat or throat mucous is left to dry for 10 minutes or more.

Is There a Vaccine for a Novel Coronavirus?

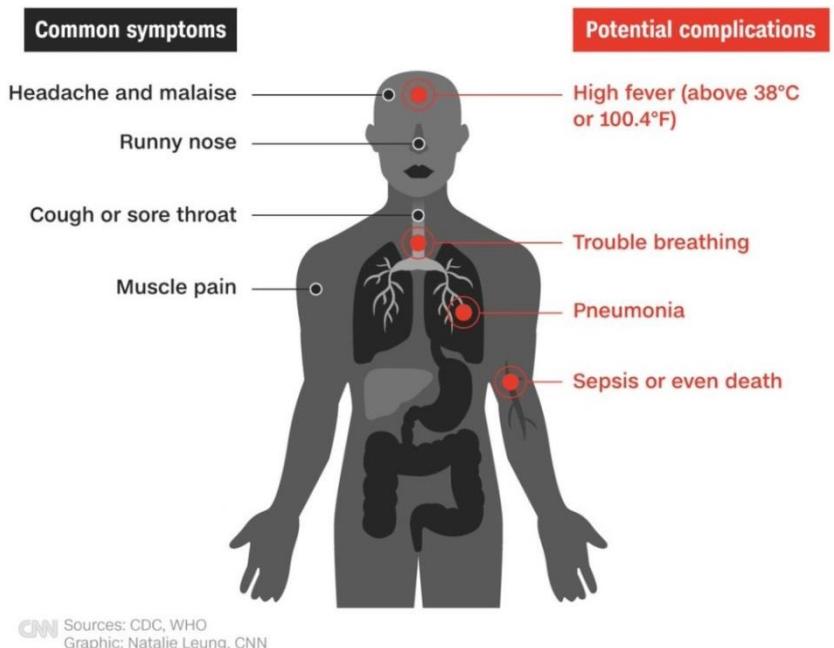
When a disease is new, there is no vaccine until one is developed and the current flu vaccine will not provide protection. It can take a number of years for a new vaccine to be developed. As for this case, the vaccine for this virus will take between one to two years to develop.

Is There a Treatment for a Novel Coronavirus?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective. There are a few things you can do to relieve the symptoms:

- Take pain and fever medications (Caution: Do not give Aspirin to children).
- Use a room humidifier or take a hot shower to help ease a sore throat and cough.
- Drink plenty of water.
- Stay home and rest.

For those who experience early signs or symptoms of fever, cold and flu, or that the conditions have worsened are advised to seek immediate medical attention and treatment from the nearest clinics / hospitals.



CNN Sources: CDC, WHO
Graphic: Natalie Leung, CNN

What Can I Do to Protect Myself and Others?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing. The following measures, extracted from the guidelines provided by the World Health Organisation and the Centres for Disease Control and Prevention and a list of advices by Prof Dr Yuen Kwok-yung, a highly respected microbiologist who led his team to the discovery of the SARS coronavirus in 2003, suggest that you should:

- Strengthen your immune system and exercise regularly.
- Keep your throat or throat mucous constantly moist by always having a water bottle handy to replenish yourself with the recommended amount of water at each intake (For adults, drink 50 to 80 cc of warm water; For children 30 to 50 cc).
- Make sure you wear a suitable face mask if you are going to the market, travelling on the ground or taking a flight.
- Try to avoid crowded places or use of public transports.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid eating too much deep-fried delicacies and take plenty of Vitamin C.
- Always have antiseptic cleanser or towel readily available.
- Wash hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer (contains at least 60% alcohol) if soap and water are not available.
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and inform your recent travel and your symptoms.
- Avoid contact with others when you are sick. Do not kiss, hug or share utensils or cups.
- Refrain from travelling while sick.
- Cover your mouth and nose with a tissue or your sleeve (never with your hands) or a mask when coughing or sneezing and when you are outdoors. Throw the used tissue into the trash and wash your hands.
- Clean and disinfect objects and surfaces.

Reduce your risk of coronavirus infection:



Clean hands with soap and water or alcohol-based hand rub

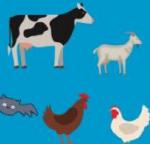
Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



World Health Organization

Important Reminder

Any staff or student who has recently travelled to any of the following countries/economies:

- China
- Hong Kong
- Japan
- Korea
- Iran
- Italy
- Macao
- Taiwan

since 15 February 2020 is required to inform the University and proceed with the 14-day self-quarantine from the date of arrival to Malaysia.

Any staff or student who may have been exposed to individuals with suspected COVID-19 viral infections is also advised to monitor the health for 14 days from the last day of possible contact and seek immediate medical check-up if you develop any symptoms, particularly fever, respiratory symptoms such as coughing or shortness of breath, or diarrhoea.

And, any staff or student experiencing early signs or symptoms of fever, cold and flu, or that the conditions have worsened is advised to seek immediate medical attention and treatment from the nearest clinics / hospitals / medical healthcare facilities by providing accurate travel history (if applicable), occupation, contact number and cluster information of the persons you have contact with.

A special leave of absence will be arranged for the students and staff concerned to accommodate the quarantine period.

Persons concerned are required to liaise with the following respective officers:

i. For **Staff** Only - **Division of Human Resource**:

Kampar Campus : Ms Nor Hidayana Binti Abu Khalipah at +605-4688888 (Ext: 2232) or email hidayana@utar.edu.my
Sungai Long Campus : Ms Normi binti Mohamad at +603-90860288 (Ext: 129) or email normi@utar.edu.my

ii. For **Students** Only – **Department of Student Affairs**:

Kampar Campus : Mr Khor Chien Yen at +605-4688888 ext 2280 or email khorcy@utar.edu.my
Sungai Long Campus : Ms Nurul Izwazi Mohd Nor at +603-90860288 ext 829 or email izwazi@utar.edu.my

Update on Face Masks Provision

Due to overwhelming face mask requests, the **Department of Safety and Security** of both campuses advises the staff and students to obtain the face masks from the nearby pharmacies. Should you have any questions regarding the face masks, please visit the respective offices of the **Department of Safety and Security** as follows:

Kampar Campus: C102, Upper Ground Floor, Student Pavilion I

Sungai Long Campus: KB513, Level 5, KB Block

References

- i. World Health Organisation
<https://www.who.int/health-topics/coronavirus>
- ii. US Centres for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/index.html>
- iii. Malaysia Ministry of Health
<https://bit.ly/3azv5nN>
- iv. Prof Dr Yuen Kwok-yung Biodata
<https://bit.ly/36n2UF8>
- v. COVID-19 Database
<https://globalbiodefense.com/novel-coronavirus-covid-19-portal/>
- vi. COVID-19 Update
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Video Links

- i. Coronavirus
https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=emb_title
- ii. Basic Protective Measures against the New Coronavirus
 - What can people do to protect themselves and others from getting the new coronavirus?
<https://www.youtube.com/watch?v=bPITHEiFWLc>
 - Why is it recommended to avoid close contact with anyone who has fever and cough?
<https://www.youtube.com/watch?v=6Ooz1GZsQ70>
 - How is the new coronavirus affecting people who get it?
<https://www.youtube.com/watch?v=qF42gZVm1Bo>
- iii. When to Use a Mask
 - Can masks protect against the new coronavirus infection?
https://www.youtube.com/watch?v=Ded_AxFfJoQ
- iv. How to Put On, Use, Take Off and Dispose of a Mask
 - What is the correct way to wear and dispose of masks?
https://www.youtube.com/watch?v=lrvFrH_npQI

The University will continue to monitor the development of this viral infection through the information obtained from relevant international and national government agencies.

Please Remain Extremely Cautious at All Times.

Remember to Always Keep Clean, Stay Healthy and Be Safe.

This community service message is brought to you by

The Department of Safety and Security and The Department of Student Affairs
Universiti Tunku Abdul Rahman

02 March 2020

Appendix A

COVID-19 Labs and Hospitals for Tests and Referred Cases

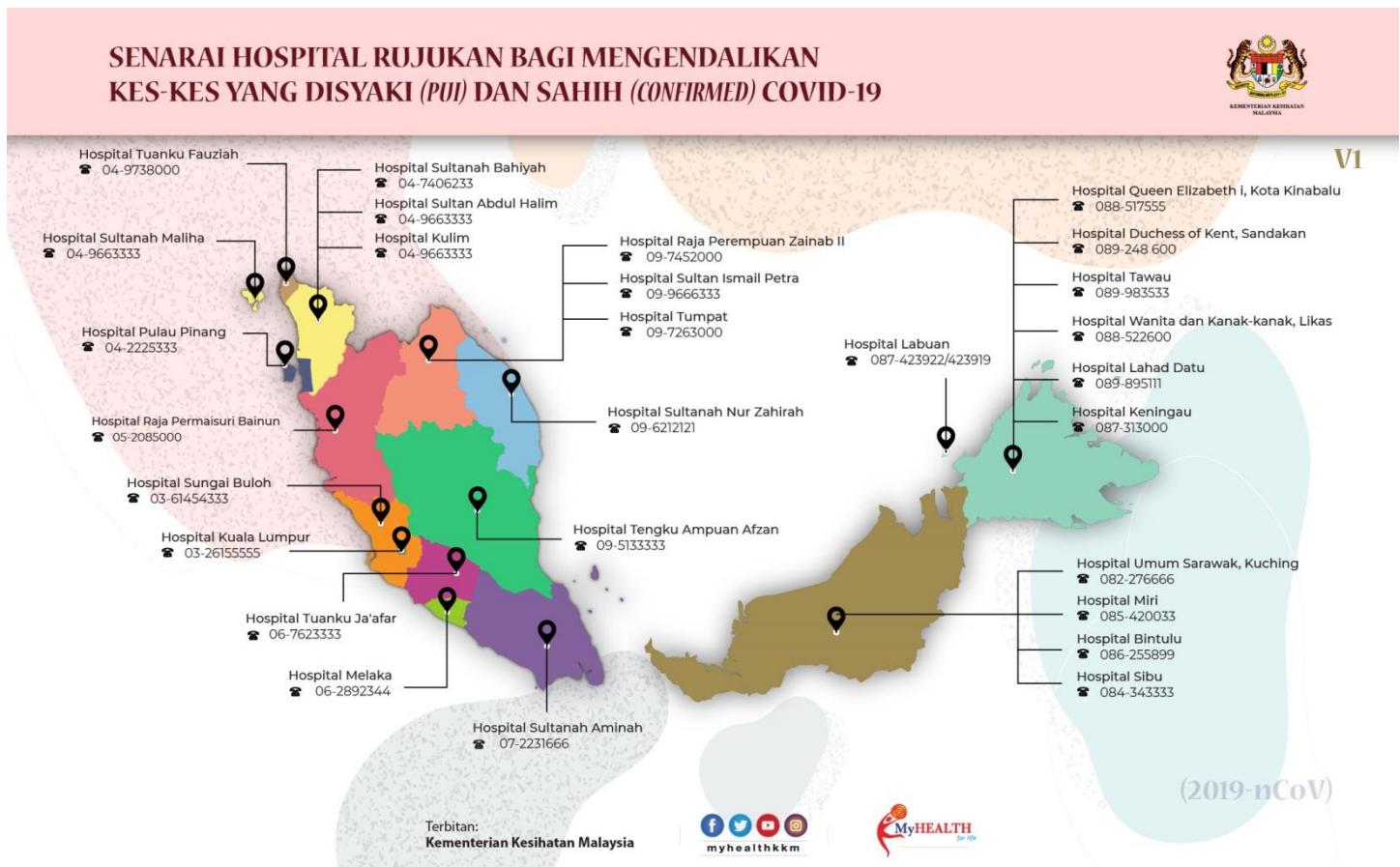
For COVID-19 Scanning and Screening Tests, please visit:



For handling COVID-19 cases, please visit:



For referred PUI and confirmed COVID-19 cases, please visit:



Self-Quarantine - The Dos and Don'ts**Precautionary Steps**

For staff / students / individuals without respiratory symptoms and for those who arrived from infected countries should take heed of the following:

1. Self-quarantine at home/hostel. The quarantine period is 14 days from date of arrival.
2. If flu-like symptom(s) develop during quarantine, please go to a nearby government hospital emergency room. As the quarantined person is now a suspect for Novel Coronavirus (nCoV) infection, he/she will be isolated and tested for the virus.
3. If a household member develops similar symptom(s) during quarantine, he/she should also go to a nearby government hospital emergency room for further quarantine and tests.
4. Practise rigorous hand hygiene using soap & water or sanitiser. Perform hand hygiene frequently, using alcohol-based hand rub if hands are not visibly soiled or soap and water when hands are visibly soiled.
5. Wear a medical mask if going to public crowded places.
6. Avoid closed crowded places, if possible.
7. Maintain a distance of at least 1 meter from any individual with 2019-nCoV respiratory symptoms (e.g., coughing, sneezing);
8. If coughing or sneezing, cover your nose and mouth with flexed elbow or paper tissue. Dispose the tissue immediately after use and perform hand hygiene;
9. Refrain from touching your mouth and nose
10. If masks are used, best practices should be followed on how to wear, remove, and dispose them, followed by proper hand hygiene after removal (see below advice regarding appropriate mask management).

Best Practices in Wearing a Mask

(Adapted from World Health Organization (WHO), published on 29 January 2020)

If medical masks are worn, appropriate use and disposal is essential to ensure they are effective and to avoid any increase in risk of transmission associated with the incorrect use and disposal of masks.

1. Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask;
2. While in use, avoid touching the mask;
3. Remove the mask by using appropriate technique (i.e. do not touch the front but remove the lace from behind);
4. After removal or whenever you inadvertently touch a used mask, clean hands by using an alcohol-based hand rub or soap and water if visibly soiled
5. Replace masks with a new clean, dry mask as soon as they become damp/humid;
6. Do not re-use single-use masks;
7. Discard single-use masks after each use and dispose them immediately upon removal.
8. Cloth (e.g. cotton or gauze) masks are not recommended under any circumstance.

Guide for Home Care for Patients with Suspected Novel Coronavirus (nCoV)

(Adapted from World Health Organization (WHO) published on 20 January 2020)

1. Stay in a well-ventilated single room.
2. Limit the number of caretakers, ideally assign one person who is in a good health without risk conditions. No visitors.
3. Household members should stay in a different room or, if that is not possible, maintain a distance of at least 1 m from the ill person (e.g. sleep in a separate bed).
4. Limit the movement of the patient and minimize shared space. Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (e.g. keep windows open).

5. The caregiver should wear a medical mask fitted tightly to the face when in the same room with the ill person. Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after removal of the mask.
6. Perform hand hygiene before and after preparing food, before eating, after using the toilet, and whenever the hands look dirty.
7. If hands are not visibly soiled, alcohol based hand rub can be used. Perform hand hygiene using soap and water when hands are visibly soiled.
8. Discard materials used to cover the mouth or nose or clean them appropriately after use
9. Gloves, tissues, masks and other waste generated by ill persons or in the care of ill persons should be placed in a lined container in the ill person's room before disposal with other household waste.
10. Persons with symptoms should remain at home until their symptoms are resolved based on either clinical and/or laboratory findings (two negative RT-PCR tests at least 24 hours apart).
11. If a household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficult breathing, follow public health recommendations below:
Notify the receiving medical facility that a symptomatic contact will be coming to their facility.
12. While traveling to seek care, the ill person should wear a medical mask.
13. Avoid public transportation to the health care facility, if possible; call an ambulance or transport the ill person with a private vehicle and open the windows of the vehicle if possible.
14. The ill contact should be advised to always perform respiratory hygiene and hand hygiene; stand or sit as far away from others as possible (at least 1 m), when in transit and when in the health care facility.
15. Appropriate hand hygiene should be employed by the ill contact and caregivers.

Persons who may have been exposed to individuals with suspected 2019-nCoV infection should be advised to monitor their health for 14 days from the last day of possible contact and seek immediate medical attention if they develop any symptoms, particularly fever, respiratory symptoms such as coughing or shortness of breath, or diarrhea.