

PRECAUTIONARY MEASURES FOR CORONA VIRUS DISEASE 19 [COVID-19]

(as of March 10, 2020)

Following the latest developments on the emerging cases of COVID-19 in the Philippines, please be advised of the latest health advisory from MCL, which shall be strictly observed:

- MCL strongly discourages its students, employees and faculty members from traveling internationally or domestically, or to any area where other confirmed cases or persons under investigation (PUI) have been identified.
- A student/employee/faculty member who travelled to a high-risk area despite MCL's earlier advisories against such travel, shall undergo a 15-day self-quarantine upon arrival in the Philippines. These high-risk areas include China, Hong Kong, Macau, South Korea, Iran, and Italy, as well as any other country with confirmed cases of or PUIs for COVID-19 such as Singapore, Japan, Australia, Malaysia, Vietnam, Thailand, USA, Germany, United Kingdom, France, Canada and the United Arab Emirates. Self-quarantine requires the person to stay in an isolated room for the entire period and does not permit the person to go to MCL for any reason whatsoever during said time. This includes enrollment.
- It is the duty of each student or employee who undertook such travels to notify MCL about the same, presenting his or her passport as proof of the date of return to the Philippines for purposes of computing the 15-day quarantine period. Please be warned that withholding such information could potentially endanger the other members of our community.
- Any student or employee or faculty member presenting **with fever and/or respiratory symptoms like colds, cough, sore throat, or difficulty of breathing, with or without history of travel or exposure**, is advised to go on mandatory rest at home and observe for the progression of symptoms. If symptoms resolve within 1 to 2 days, he/she will be allowed to return to class/work after securing a clearance from CHSW. However, if symptoms progress after 2 days, he/she is advised to go immediately to a tertiary hospital to be checked. A medical certificate stating he/she is fit to return to class or work is required to be presented to CHSW before clearance will be issued.
- Students or employees who exhibit symptoms of COVID-19 on campus are strictly enjoined to proceed directly to RITM in Alabang for medical assessment and assistance. Parents are required to fetch their child/ren who display such symptoms within one (1) hour from the notification from MCL and proceed directly to RITM; should they be unable to do so, MCL shall arrange for the student to be brought to RITM via ambulance. Cause of transfer will be self-liquidating.
- All off-campus activities are suspended effective immediately.
- Activities involving congregation of students numbering no more than 40 and to be held within the school may proceed, provided that all individuals exhibiting respiratory infections must not attend. Such gatherings shall be held outdoors as far as practicable, with the students maintaining a distance of about one meter from each other.
- All students and employees are strictly reminded to practice regular hand and respiratory hygiene protocols.
- All students, employees, and faculty members are **mandated to answer the weekly Online Health Declaration Survey**. Honest disclosure is highly encouraged since the purpose of this survey is to strengthen our preventive measures and not to put stigma or discrimination. The online confirmation of a completed survey, along with the ID, will serve as gate pass which they are required to present in order to enter MCL premises.
- **Information dissemination** through posters, signages, and videos are still strengthened.
- **Surgical masks** are only recommended to be worn by symptomatic individuals and healthcare workers, and not recommended to be used by the general healthy public. Hence, for the general public, it is suggested that they bring their own mask if they really want to wear one.