

# HEALTH ADVISORY

## ON 2019 NOVEL CORONAVIRUS



ALL NATION SECURITY  
& INVESTIGATION SERVICES, INC.

**Our Company has been monitoring developments with COVID 19 (2019 Novel Coronavirus). We closely follow recommendations made by our Government and Health Department. We also monitor and follow guidance from World Health Organization and UNICEF.**

**Consequently, our Company is taking necessary steps to prepare for the potential spread of COVID 19. Prevention is the priority, thus we are issuing the following safety reminders for everyone to serve as your guidance in the day to day execution of your assigned tasks:**

- 1. STAY HEALTHY.** Please take, as much as possible, Vitamin C to strengthen your immune system. A strong immune system is your best tool for cold and flu prevention. Likewise, to keep your immune system healthy, you also need to avoid the things that can run you down. Proper nutrition, staying hydrated but avoiding frequent drinking of cold water, and getting enough rest are all factors that affect your body's ability to fight off infections.
- 2. PRACTICE GOOD HYGIENE MEASURES.** Frequently wash your hands with soap and water upon arrival at work or at home. When soap and running water are unavailable, use an alcohol-based hand rub with at least 70% alcohol. Avoid touching your eyes, nose, or mouth with unwashed hands. Cleaning and disinfecting surfaces that you frequently touched in your AOR is important. Request to the utility personnel for the constant cleaning of the counters, tables, podium and door handles. If touched by anyone or unsure to the cleanliness of the door handles, open the door with your elbow or shoulders instead of hand. Do not share utensils, cups and foods or use serving spoon instead.
- 3. AVOID CROWDED PLACES.** Try to avoid crowded areas or places where you might interact with people who are sick. Stay away from people who have signs of a respiratory tract infection, such as runny nose, coughing, and sneezing. The new coronavirus can be transmitted from person to person, most likely through close contact via particles in the air from coughing or sneezing, or by someone touching an infected person or object with the virus on it and then touching their mouth, nose or eyes.
- 4. WEAR A FACE MASK.** While the mask will help the infected person by reducing the chances they transmit the illness to others, yet it's not going to do much for those looking to protect themselves. On the other hand, wearing a face mask while in a public or crowded place or while on board a public transportation is still one of the recommended safety measures, but make sure your face mask is regularly washed and/or replaced.

**Our first priority is the safety and health of everyone. If anyone of you believed that you may have been exposed to a person with coronavirus and/or signs that you do have shortness of breath, dry cough, runny nose, sore throat, headaches, fever, fatigue and muscle aches, consult immediately with your doctor or health care provider. Do not come into work, and right away inform us so that we can send your replacement and prepare your necessary documents.**

**Please be guided accordingly.**

**RUEL T. MORFE, CSP**  
**General Manager**