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Special Release

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### HEALTH ADVISORY 2 TO THE UNIVERSITY COMMUNITY

1. The UHS has observed a recent increase in the number of patients with symptoms such as constipation, passage of pellet-like stool and straining on defecation. Among other factors, dehydration can precipitate these symptoms.

In order to forestall further occurrence of the above, the university community and general public are hereby advised to:

- ❖ Improve on fluids especially water intake
- ❖ Ensure adequate daily intake of fruits and vegetables (3-5 portions per day is recommended)
- ❖ Avoid/reduce to barest minimum ingestion of processed foods, fries, pastries etc
- ❖ Reduce exposure to heat and sunlight/use protective wears

2. We would like to also remind the university community of the need for continuous practice of all recommended universal health and safety precautions including:

- ❖ Regular hand washing
- ❖ Vaccination for preventable diseases like Hepatitis B, Cervical Cancer, Covid-19, vaccine – preventable diseases of childhood etc. (Please call UHS public health on 08023414235 or 08106465238 for details on Immunization)
- ❖ Use face mask if ill and avoid over crowded areas
- ❖ Observe basics of healthy living including good/adequate nutrition, sleep/rest, exercise, clean/safe environment etc
- ❖ Reduce sedentary time
- ❖ Early reporting of illness
- ❖ Regular health check. (Call UHS Wellness Coordinator on 08056129262 for participation in health checks/screening for staff. T&C apply for outsiders)
- ❖ Compliance with medications
- ❖ Good support system/relationships

Stay safe. Stay healthy. Health is Wealth.

Thank you.

**G. O. Saliu, MANUPA, MNIM, MAUA**  
Registrar and Secretary to Council