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Special Release

19 November, 2024

**HEALTH ADVISORY 7 TO THE UNIVERSITY COMMUNITY
RE: SEASON OF HARMATTAN AND CELEBRATIONS**

The University Community is hereby advised to ensure the following in view of the change to the season of Harmattan and Celebrations.

- (i) Adequate fluid intake especially water
- (ii) Appropriate clothing
- (iii) Proper moisturizing of the body
- (iv) Balanced healthy diet with intentional consumption of adequate fruits and vegetables on a regular basis and increasing preference for organic options.
- (v) Collaboration with food vendors/caterers to favour health
- (vi) Early/Prompt reporting of illness
- (vii) Personal and environmental hygiene

Observance of other universally recommended health and safety precautions like regular and adequate hand washing, use of face masks when required, and all other principles of healthy living are advised please.

Thank you.

G.O. Saliu, *fspsp, FCIML, MANUPA, MNIM, MAUA*
Registrar and Secretary to Senate