President’s Message

In light of current concerns in Thailand over Type 1 (H1N1) influenza and in keeping with Assumption University’s commitment to the health and well-being of its students, faculty and staff, all members of the Assumption Community should take these everyday steps to protect their health.

- Cover the nose and mouth with a tissue when coughing or sneezing. Dispose of the tissue in a trash can after use.
- Hands should be washed often with soap and water, especially after coughing or sneezing. Alcohol-based hand sanitizers are also effective. They are available at designated areas around the campus.
- Avoid touching the eyes, nose, or mouth. Germs spread this way.
- As much as possible, avoid close contact with sick people.
- If symptoms such as fever and cough are experienced, contact the university infirmary or a family doctor for advice. AU infirmaries are located at:
  - Hua Mark Campus : The second floor of St. Martin de Tours Hall
  - Suvarnabhumi Campus : The ground floor of the Queen of Sheba Residence Hall
- It is advisable that, if students experience symptoms of fever and coughing, they stay home for about 7 days or until they become symptom-free for 24 hours, whichever is longer. This will prevent the infection spreading to others.
- Avoid crowds and observe other social distancing measures.
- Prepare a supply of over-the-counter medicines, alcohol-based hand sanitizers, tissues and other related items so that, in the event of sickness and home confinement, the need to make trips out in public while possibly contagious is reduced.

Your attention to these steps is appreciated and should help ensure Assumption University remains a healthy and safe educational and work environment.

Rev. Bro. Bancha Saenghiran, f.s.g., Ph.D.
President
June 12, 2009