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UUM Corporate Comm.
Universiti Utara Malaysia

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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

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RMCO: THE THOUGHTS OF UUM HEALTH PERSONNEL



UUM ONLINE: After undergoing more than 80 days of the Movement Control Order (MCO) and Conditional Movement Control Order (CMCO), the campus denizens have successfully adhered to the government's standard operating procedures (SOP) in an effort to combat the spread of the COVID-19 outbreak.

Now, entering the phase of the Recovery Movement Control Order (RMCO) starting from 10 June until 31 August, how long do we continue to practice this new normal in life?

The Director of the University Health Centre, Dr. Adi Azhar Abdul Razak said although Malaysians, particularly the UUM campus community had gone through all phases of the movement control order and adhered to the SOP, it did little to prove victory as the Covid-19 has not been completely eradicated.

"I urge that we continue to avoid the 3C (crowded places, confined spaces, close conversation) to evade high-risk symptoms.

"Wear face masks, keep a distance of 1 metre from each other and regularly wash your hands with water and soap or use liquid sanitisers when outside of the house or when touching items," he said.

Dr. Adi Azhar expressed hope that all campus denizens could view the RMCO as a period of undergoing new norms for an extended period.

According to him, it may also change lives in many aspects such as education, business and so on, thus making it an opportunity to move forward rather than a hindrance.

For the Medical Officer, Dr. Rabi'ah Abdul Ghani, she warned the people of this country and the campus community against complacency as the statistics of COVID-19 showed a decline in trend.

She further reiterated that with no vaccine in sight, individuals regardless of age were still at risk of contracting the infection.

"Although we are beginning to return to our normal routine, we need to take preventive measures and adapt to the new norms of life.

"The onus of controlling the pandemic rests with the individual. Remember, #Kitajagakita. Don't ever become complacent because complacency may result in the second wave," she added.

Meanwhile, Dental Officer, Dr. Firdaus Romli said that during the implementation of the MCO and the CMCO, dental treatments were only carried out for emergency cases.

According to her, with the RMCO phase in place, certain restrictions had been lifted enabling dental treatments be given to patients who needed treatment such as dentures. However, all medical procedures adhered to the set SOP.

Assistant Medical Officer at the Emergency Unit, Mdm. Nadia Zainuri expressed hope that UUM campus community will continue to adhere to the SOP issued by the government despite being in the RMCO phase.

She also said that the Emergency Unit also took precautionary measures such as checking body temperature, wearing face masks and limiting the number of patients in the treatment room.



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