



**Mutual support in teachers and students of National Central University,
implement epidemic prevention to overcome coronavirus(Covid 19)**

Dear students of NCU:

How are you!

The results of Taiwan 's advance deployment and the unity of the people in epidemic prevention have not only make a mark internationally, but also successfully defended the epidemic challenges in all aspects, such as the Qingming holiday and overseas migration, confirming Taiwan 's ability to anticipate epidemic prevention. In NCU, in order to protect the health of students and learn with a peace of mind, all units have made every effort to carry out various measures for epidemic prevention, including measures are body temperature measurement, online classes, dormitory disinfection, and vehicle entry control, etc. Here is a special thanks to our teachers and students for working together for epidemic prevention and maintaining a healthy campus to safely get through the most critical period.

During the time of facing the impact of the epidemic, we must adjust our living habits and learning methods, and in order to maintain a safe social distance, many activities have also been cancelled or postponed. Although the various decisions made by the university have caused inconvenience for students and clubs; however, it is glad to see Student Association, department representatives, club directors and members and students actively participate in and express their concerns and suggestions on campus epidemic prevention, as well as care for and encourage each other, these are the strongest and most powerful support for NCU Office of Student Affairs. NCU Office of Student Affairs sincerely thank you for all the cooperation and hard work.

When faced with the threat of the new global new coronavirus, the Office of Student Affairs is concerned that students may easily feel afraid, anxious, and even panic, which is normal. Such feelings can help us raise the awareness of the virus and be more conscious of the crisis the virus might bring, and take appropriate self-protection measures. However, being overexposed to information from news and social network every day, and even being affected by fake news and information, it is easy to bring us too much emotional pressure, and possible of causing excessive panic. Therefore, during this period, students are reminded not only to take epidemic prevention measures, but also adjust one's own body and mind. Moreover, to have confidence in our university's ability in epidemic prevention. The following are related epidemic prevention reminders for your reference:

1. Cooperate with campus epidemic prevention measures, get body temperature measured when entering and leaving a building, wash hands frequently, and maintain social distance or wear masks to maintain a safe school environment.

2. Select the correct source of information to reduce the time of excessive exposure to related information:

(1) Understand the epidemic situation from credible sources (such as the Ministry of Health and Welfare, Disease Manager, etc.).

(2) Do not overly receive too much information.

(3) Do not arbitrary believe and spread media rumors causing unnecessary panic.

3. Take good care of and comfort one's own body and mind:

(1) Maintain a normal daily routine and moderate exercise to have a healthy body and mind to face the crisis.

(2) When feeling anxious, you can talk to relatives and friends or schoolmates around you, engage in stress relieving activities, maintain stable state of emotion, and support each other to get through the difficulties together.

4. Maintain positive thinking and give support and assistance to relatives and friends around you:

(1) If you have relatives or friends in isolation or hospitalized, please give them support (calls/ message care, assistance in purchasing the items they need, etc.), to let them know that they have not been abandoned.

(2) Believe in the medical profession, cooperate in related epidemic prevention measures. Furthermore, seek medical attention as soon as possible if feeling unwell. Moreover, if you feel that your mood has been affected excessively for more than two weeks, and relatives and friends are unable to provide help, **you can seek help from the Consultation Center of Student Affairs. “Consultation helpline” is (03) 422-7151 #57263 or #57264, “consultation email” is ncu7263@ncu.edu.tw.**

The spread of this time’s new coronavirus is quite threatening, thus, during epidemic prevention period, your cooperation, understanding and support are in need. Special measures during the extraordinary period will inevitably cause inconvenience and distress for everyone, but when carry out various prevention under common understanding, NCU has high confidence in epidemic prevention, believing that we can smoothly get through and overcome the epidemic. NCU invites all students to believe in NCU’s ability too, and to return to the happy and warm school life, as well as complete your studies safely, happily, and smoothly!

Sincerely,
Pay-Liam Lin
Vice President for Student Affairs
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National Central University
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