



ATENEO DE MANILA UNIVERSITY
UNIVERSITY HEALTH SERVICES

22 September 2023

TO	The University Community
FROM	(Sgd) Norman Dennis E. Marquez, MD University Physician AVP for Health, Care, and Well-being
SUBJECT	VOG Alert: Precautions and Safety measures

Philvocs has released an advisory on the spread of volcanic smog (vog), attributed to the continuous upwelling of Taal volcano. The smog spreading over NCR may be contaminated as well. Vog refers to fine droplets containing volcanic gas like sulfur dioxide, which is acidic and corrosive, causing irritation to eyes, nose, throat, respiratory tract, and skin. It may trigger asthma and bronchitis in vulnerable individuals.

We advise the members of the community to

- Stay indoors and limit outdoor activities to essential needs. Use air filters indoors, if available.
- Wear masks, especially for individuals with asthma or other respiratory diseases. If available, N95, KN95, KF94 masks are preferred.
- Hydrate regularly to help reduce throat irritation or inflammation.
- Seek medical evaluation and management from the nearest health facility if you experience difficulty in breathing and/or shortness of breath.

We will release additional advisories as necessary.

The University Health Services, located at the ground floor of Frank Lynch Hall, operates in an integrated system with the component health services in the different school units. The school health services primarily attend to student health concerns. For employees across the university, you may set an appointment through our extension numbers 4207-4209. For non-medical/non-urgent concerns, you may send an email to univmd.oupcc@ateneo.edu. For non-urgent medical concerns, you may send an email to univhealth.oupcc@ateneo.edu. To send feedback and general health, safety, and well-being concerns, you may email univphysician@ateneo.edu.