

Dated: 12th February 2019

Classes: All Classes

Circular No.: SRWS/Admin/005/2018

Subject: **ADVISORY ON H1N1 VIRUS-SWINE FLU**



Dear Parents,

With the reported surge in swine flu cases in Delhi NCR, it is essential that awareness be raised for its prevention, especially among school children who are vulnerable and run the risk on contracting the disease quickly.

SYMPTOMS

The symptoms of Swine Flu mimic those of an ordinary flu.

- Fever & Cough
- Sore throat
- Runny or Stuffy Nose
- Difficulty in Breathing
- Other symptoms may include Body Ache, Headache, Fatigue, Chills, Diarrhoea and Vomiting and Blood-Stained Sputum

MODE OF TRANSMISSION

Swine Flu is contagious and is spread through saliva and mucus particles. It is spread through:

- Sneezing
- Coughing
- Touching a germ-covered surface (telephone, cell phones, computers, door handles, door bells, pens, toys, etc) and then touching one's eye or nose
- Close contact with an infected person (hand shake, hug, kiss)

PRECAUTIONS

It is advised to take the following precautions to help prevent the spread of swine flu and other viruses:

Stay at Home

- If a child is suffering from fever, cough & cold or has any flu-like symptoms, do not send him/her to school or to play in the parks, etc.
- Avoid close contact with people who are sick.
- Children suffering from any chest & breathing problems like asthma should completely avoid excessive physical activity like running, dancing etc.

Coughing

Instruct children to cover their mouth and nose with a tissue/handkerchief when coughing or sneezing.

Wash Hands Frequently

- Wash hands frequently to avoid infection.
- Avoid touching eyes, nose or mouth. Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- All children must carry a bottle of Sanitizer in their bags. Please teach them its use and the reason why it is important. Anything touched may be affected, so keeping hands clean will help.

Good Habits

Practice other good health habits which will keep us strong and more resistant to disease.

- Getting plenty of sleep
- Staying physically active
- Drinking plenty of fluids
- Eating nutritious food

Crowded Places

Avoid group activities and crowded public places.

Let me assure you that the health and well-being of our students is our top priority. The school is already undertaking regular sanitization and fumigation. We do not wish to cause panic but we need to be aware & take all possible measures to protect our children. We seek your co-operation in these efforts to safeguard the health of all students.

Warm Regards

Ms Sudha Sadangi
Head of School