

Dear Parent,

Some of the recommended everyday practices we can take as a community to help prevent the spread of respiratory viruses, are:

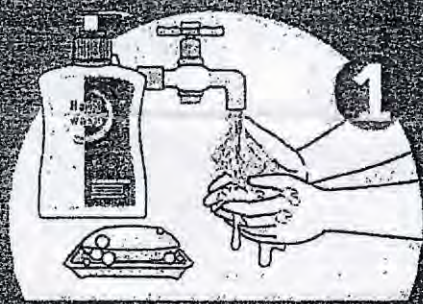
- Washing hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- **Please do not send your ward to appear in the exam if he/she is feeling sick, even if the virus symptoms are not noticed.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. One can reduce droplet spread by sneezing/ coughing into your elbow as well.
- Clean and disinfect frequently touched objects and surfaces.
- No exchange of personal belongings such as bottle, tiffin, napkins etc. as this acts as carriers of infections
- Large-scale events/ gatherings are advised to be postponed.
- Avoid any non-essential travel to affected areas.
- Out bounds, field trips etc. stand postponed until further updates.
- Avoid shaking hands and instead fold your hands (Namaste) as a greeting. Let's teach and practice this rich cultural tradition which is also EXTREMELY HYGIENIC in light of today's situation to prevent the infection!!
- The school is following all sanitization and disinfecting protocols regularly.

These are simple everyday habits that can help prevent the spread of several viruses!



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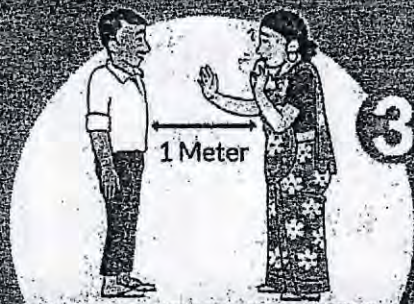
Reduce the risk of Coronavirus infection Follow these important precautions



1
Wash hands with soap and water frequently



2
When coughing and sneezing, cover mouth and nose with handkerchief, tissue or elbow



3
Avoid close contact with anyone with cold, cough or flu like symptoms



If you have cough, fever or difficulty in breathing, contact a doctor immediately

Stay protected!

Stay safe from Coronavirus!

If you have returned from Wuhan, China, after January 15, then get yourself tested for COVID-19. If you know about the centres for testing, call the Ministry of Health and Family Welfare Helpline.

If you have returned from China in the last 15 days, or have been in contact with any person affected by coronavirus, then limit your contact with others and use a separate room for sleeping.

If you develop fever, cough and difficulty in breathing within 28 days of return from China, immediately call the Ministry of Health and Family Welfare Helpline.

24x7 +91-11-23978046

or email at ncov2019@gmail.com

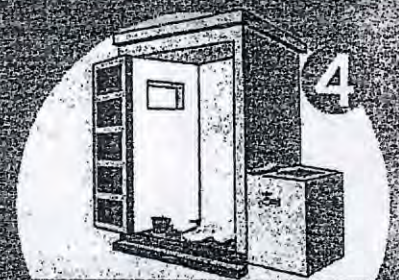


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Reduce the risk of Coronavirus infection Follow these important precautions



After coughing and sneezing



After using toilet



Clean your hands before and after caring for sick person



Before cooking, after cooking and before eating food



If you have cough, fever or difficulty in breathing, contact a doctor immediately

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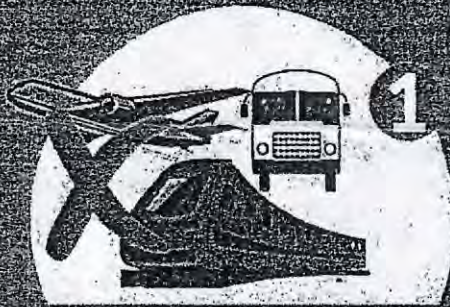
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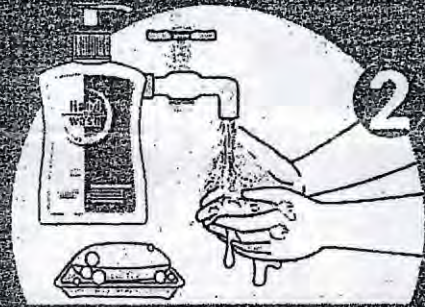


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Reduce the risk of Coronavirus infection Follow these important precautions



1
Avoid travel if you are suffering from fever and cough



2
Wash your hands frequently with soap and water



3
Share your travel history with your health worker (ASHA/ ANM)



If you have cough, fever or difficulty in breathing, contact a doctor immediately

Stay protected!

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