



Dear Parents

The outbreak of CORONAVIRUS DISEASE (COVID-19) that was first reported from Wuhan, China, on December 31, 2019, has now been detected in almost 70 locations internationally. Hence, it becomes imperative to adopt certain preventive measures as enlisted below to keep the infections & viruses at bay:

- (1) **Wash your hands frequently:** Clean your hands with soap and water regularly and thoroughly. Always use hand sanitizers.
- (2) **Maintain social distancing:** Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing.
- (3) **Avoid touching eyes, nose and mouth:** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- (4) **Practice respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue paper when you cough or sneeze. If you have fever, cough and difficulty while breathing, seek medical care without delay.
- (5) **Stay informed and follow advice given by your healthcare provider:** Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.
- (6) **Protective measures for persons who are in or have recently visited (past 14 days) COVID-19 infected areas/locations:**
 - Stay at home until you recover if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose. Please don't send your ward to school in case he/she develops such symptoms.
 - If you develop fever, cough and difficulty in breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.
- (7) **Consume citrus fruits and products.** Always wear **oral/face masks** and also provide the same to your near and dear ones particularly when they move out of home.

Please sanitize your homes and offices. The school has also been sanitized and preventive measures are being taken by placing liquid hand wash along with sanitizers. Please follow the general guidelines enlisted above. Please take care of your health and protect others by adhering to the fundamental measures against Coronavirus.

Prevention is always better than cure! Stay Healthy, Stay Fit!



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