

St. Cecilia's Public School (Minority)

(Sr. Sec. Recognised & Affiliated to CBSE)

F – Block, Vikaspuri, New Delhi – 18

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Ref. No. St.CPS/2016/17/SP/19

Dated: 04.08.2016

Subject Guidelines for Control Prevention and Protection from Dengue and Viral.

Dear Parents and Students,

“To Keep the body in good health is a duty.....otherwise we shall not be able to keep our mind strong and clear”.

It is extremely crucial to keep our body healthy so as to pave the way for a healthy mind. Our behaviour, our efforts, our energy to do certain tasks depends upon our physical health condition. Therefore, we need to take care of our health in the best possible manner. It's only in a healthy body and mind that success, happiness and contentment reside.

Hence, in continuation with the advisory being issued from time to time, following guidelines issued by the Directorate of Education vide circular no. DE.23(386)/Sch.Br./2016/632 dated 19.04.2016 may kindly be observed in the interest of safety and well being of everyone.

The following preventive measures need to be taken during all the times to keep the health condition in check, not only in school premises but also at home. Parents are requested to observe the symptoms for any of these diseases and kindly oblige to the school authorities by not sending their ward to the school, in the interest of everyone. It is requested that the child takes proper rest at home and come back to school happy & healthy with full vigour to give her/his best in the school.

Dengue:

Do's

- Keep all the water containers/overhead tanks etc. properly covered.
- Use mosquito repellents on exposed parts during daytime to prevent mosquito bites.
- Wear full sleeved clothes and long dresses/trousers that cover arms and legs.
- Use mesh doors/windows, mosquito coils, vapour mats etc. to keep mosquitoes away.

Don'ts

- Don't let water to get collected in and around houses, schools etc.
- Don't give aspirin/brufen to patients with dengue fever.

Diarrhoea / Viral

Do's

- Drink plenty of water.
- Take easily digestible food or light food or liquid vegetarian diet.
- Take more or Oral Rehydration Salt (ORS).
- Wash your hands properly before meals.
- Fruits & Vegetables should be washed properly.
- Food products should be kept covered.

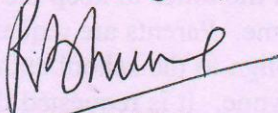
Dont's

- Avoid the intake of contaminated water and food.
- Avoid fried and spicy food.
- Don't do any tiring work.
- Do not touch your face (mouth and nose) with your hands without washing them properly.

Following the above mentioned guidelines can effectively help in preventing & reducing the effect of these diseases to a great extent.

Your wholehearted cooperation will be highly solicited. We wish you all good health.

With warm regards,



Mrs. R. BHUMRA
Principal
St. Cecilia's Public School