



مدرسة جيه اس اس الخاصة
JSS PRIVATE SCHOOL

Grades KG-12

JSSPS/CTP/PO/GEN/112/18-19

14 November 2018

Dear Parents,

There is an outbreak of Flu in UAE.

Common symptoms of influenza flu include fever, headache, muscle and body aches, chills, sore throat, exhaustion and dry cough. Children may also have nausea, vomiting and diarrhea. Cold symptoms often come on gradually and they include stuffy nose, sneezing, sore throat and hacking cough.

Steps to keep your child healthy:

Talk to your child about practicing good health habits:

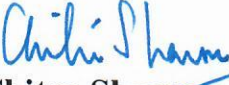
- Wash hands frequently with soap and warm water for at least 20 seconds. Alcohol-based hand sanitizers can also be used if soap and water is not available
- Carry hand sanitizer
- Cover mouth and nose into the inside of the elbow or with a tissue when sneezing or coughing and dispose of the tissue immediately into the trash.
- Avoid crowded areas, and wear mask if no choice
- Avoid touching the "T zone"- eyes, nose and mouth.
- Avoid sharing drinks, water bottles, eating utensils and cell phones.
- Most importantly, get vaccinated against seasonal flu at the earliest.


Prevent spreading illness to others:

Keep your sick child home from school until he/she has been fever-free for 24 hours (without the use of fever-reducing medication). It is important for your ill child to get rest and drink plenty of fluids.

At home, disinfect frequently touched surfaces, toys and commonly shared items. Wash contaminated clothing or linen immediately with detergent at the maximum available cycle length and then machine dry.

If you feel sick or tired, don't hesitate to contact your local GP or doctor.


Chitra Sharma
Principal


Dr Fathima
School Clinic