



مدرسة جيه اس اس الخاصة JSS PRIVATE SCHOOL

Grades KG-12

JSSPS/CTP/PO/GEN/75/19-20

29 September, 2019

Dear Parents,

We would like you to know that numerous cases of students who are ill with flu-like symptoms is being reported in school. Influenza and cold viruses are spread from person to person through coughing and sneezing.

- Common symptoms of influenza 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.
- 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 touching the "T zone"- eyes, nose and mouth.
- Avoid sharing drinks, water bottles, eating utensils and cell phones.

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.


Chitra Sharma
Principal

Dr Fathima
School Clinic

