



DELHI PUBLIC SCHOOL R.N. EXTENSION
(Under the aegis of the Delhi Public School Society, New Delhi)

DPSRNE/Cir/18-19/001/43

Date: 23.01.2019

CIRCULAR / SESSION : 2018 - 19 / CLASS : NURSERY - X

**Dear Parents,
Greetings from DPS RN Extension!**

With regard to the circular received from CBSE dated 18.01.2019, I shall wish to draw the attention to all my dear Parents towards the growing threat of swine flu. You must be aware that the disease is easily communicable and has greater chances of growth especially during the changing of season.

What is Swine Flu?

Swine Flu is contagious, and it spreads in the same way as the seasonal flu. When people who have it cough and sneeze, they spray tiny drops of the virus into the air. If you come in contact with these drops or touch a surface (such as a doorknob or sink) that an infected person has recently touched, you can catch H1N1 swine flu.

Symptoms of Swine Flu:-

People who have swine flu can be contagious one day before they have any symptoms and as many as 7 days after they get sick. Kids can be contagious for long as 10 days.

Most symptoms are the same as seasonal flu. They can include:-

- Cough
- Fever
- Sore throat
- Stuffy or runny nose
- Body ache
- Head ache
- Chills
- Fatigue

Precautions of Swine flu:-

Stay home: If you are sick or have any flu- like symptoms, stay home. Do not go to school or work. Swine flu symptoms may mimic those of regular flu and cold symptoms.

Contain your cough: Cough or sneeze into the crook (inside elbow) of your arm. This way you do not transfer the germs to your hands and then to every object you touch. Swine flu is very contagious, and can spread easily by touching an infected object and then touching your face. A flu mask will help you avoid infection in enclosed spaces. Use a thick handkerchief while sneezing or coughing.

Wash hands frequently: Wash hands constantly to avoid swine flu. Anything you touch may be affected, so keeping hands clean will help you avoid infection.

Hand sanitizer: Carry hand sanitizer with you. If you have things others you touched, use your hand sanitizer to avoid swine flu infection. In addition, avoid shaking hands or other hand to hand contact whenever possible.

Public facilities: Touch public hands and pens as little as possible. These are loaded with germs that may carry the swine flu virus.

Avoid crowds: Stay out of crowds as much as possible. Close proximity to other people will heighten your chances of to get swine flu. Wear a surgical mask (face mask) in areas of high traffic concentration and public places.

Eating and drinking: Do not eat or drink after others without complete sanitization of containers or utensils. Swine flu can be transmitted by contact with infected eating utensils.

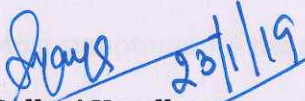
Vaccinations: Vaccinations are available for swine flu, kindly consult your Doctor/ Physician for further details.

Visit your Doctor: Get to a Doctor immediately, if you develop symptoms of swine flu including high fever and body aches. Swine flu can be deadly, and it is imperative to get to a physician immediately if you think you have swine flu symptoms and think you might have contracted the swine flu virus.

Eat healthy diet, drink lot of water and get enough sleep!

Take Care!!

With warm regards,


Pallavi Upadhyaya
Principal



Meeta Rai
Director

- > Sore throat
- > Stuffy or runny nose
- > Body aches
- > Head aches
- > Chills
- > Fatigue

Precautions of Swine flu:

Stay home! If you are sick or have any flu-like symptoms, stay home. If you go to school, at least Swine flu symptoms are similar to those of regular flu and cold symptoms.

Contain your cough: Cough or sneeze into the crook of your elbow or your wrist. This way you do not transfer the germs to your hands and then to every object you touch. Swine flu is very contagious, and can spread easily by touching an infected object and then touching your face. A mask will help you avoid infection in enclosed spaces. Use a thick bandana that would prevent you from coughing.

Wash hands frequently: Wash hands constantly to avoid swine flu. Anything you touch may be affected. So keeping hands clean will help you avoid infection.

Hand sanitizer: Carry hand sanitizer with you. If you have to go to places where you cannot wash your hands, use hand sanitizer to avoid swine flu infection. In addition, avoid shaking hands or other direct contact whenever possible.