

Dear Parent

Date:26.07.17

Prevention is always better than cure.

As you are aware that the incidence of Dengue is on an increase in the city. We can easily prevent their occurrence by following certain necessary precautions.

In order to avoid breeding of mosquitoes:



1. All water storage tanks and utensils must be kept covered. Don't let water collect in empty broken vessels, tyres, flower pots, bird feeders, in and around your house.

2. Keep your water coolers dry and clean, otherwise add kerosene oil or petrol in the water tanks.



Self help

1. Eat Healthy, Stay Healthy. Drink fluids and have citrus fruits.
2. Stay physically fit and have necessary hours of sleep.
3. Practice good hygiene – Wash your hands regularly. Avoid touching your eyes, nose and mouth frequently, carry a handkerchief / disposable tissues. Follow the basic rules of sneezing and coughing.
4. Wear clothes that would cover as much of your body as possible.
5. Use plug in mosquito repellents / skin lotions/repellent band/patch.
6. Avoid self-medications. Consult a doctor in case of high fever and severe body aches.



Important Note:

Though all necessary precautions are being taken in the school like fogging and Hit spray, but it is recommended that you send your ward in blue / black jeans and full sleeves fawn coloured school shirt for classes I to V. Ensure that cream based mosquito repellent is applied on the exposed part of the body of your ward. Your ward may also wear mosquito repellent band or patch.

Handwritten signature of Sonia Luthra.

Sonia Luthra
Principal