

## Circular

Date: 28.01.2020

Dear Parents / Guardians,  
Greetings from Sarvottam International School!

Prevention is better than cure!

As we face the threat of the highly contagious Corona virus, we need to join hands in fighting against it. The school would like to share with you all certain basic guidelines that shall help you become more aware and take basic precautions to do our bit to stop the spread of **Corona virus**.

### **SYMPTOMS**

- Cold, Cough (as associated with common cold)
- High fever
- Difficulty in breathing
- Pneumonia
- Serious indigestion problem

### **PRECAUTIONS**

- Avoid going close to people having respiratory problems
- Regularly wash your hands using soap
- Avoid eating raw or avoid eating raw or half cooked meat.
- Wash fruits and vegetables properly before eating.
- Use a handkerchief or tissue paper while coughing or sneezing.
- Dispose off the used napkins, tissue papers immediately.

### **Dos**

- One should observe good personal hygiene
- Make a frequent habit to wash hands with soap
- While coughing or sneezing, do cover your mouth
- In case you have respiratory symptoms such as cough or running nose, make a practice to wear a mask
- In case you feel symptoms pertaining to severe respiratory issues, don't delay in seeking medical help
- If you feel sick while travelling in a flight back to India, don't hesitate to inform airline crew about illness
- Stay hydrated. Drink plenty of water in short intervals. Don't let your throat go dry.

### **Don'ts**

- If you are not feeling good, take rest at home.
- For the moment, avoid travelling to China or any cities across the country as it is the epicenter of viral infection
- Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, running nose etc.
- Make a distance with live animals who could be carrier of the virus
- At the same time avoid consumption of raw/undercooked meats for sometime

If masks are worn, proper use and disposal is essential to ensure they are potentially effective and to avoid any increase in risk of transmission associated with the incorrect use of masks.

The following information on correct use of masks should be useful:

- Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask
- While in use, avoid touching the mask
- Whenever you touch a used mask, for example when removing or washing, clean hands by washing with soap and water or using an alcohol-based hand rub
- Replace masks with a new clean, dry mask as soon as they become damp/humid
- Do not re-use single-use masks
- Discard single-use masks after each use and dispose of them immediately upon removing.

Suggested areas where a mask can be worn are Hospitals/clinics handling sick patients/ labs, Airports, Schools and railway stations.

**Let's join our hands for a cause of national interest and save lives.**

Regards

Sarvottam International School