



DPSSL/ACD/CIR/8868/2023-24

Date: 21.07.2023

At Delhi Public School, Sushant Lok, the well-being of our students and staff is our top priority. With the onset and advance of monsoon, we would like to provide you with some important health advisory to keep our school community safe and prevent the spread of Monsoon Disease. Additionally, we wish to address the menace of mosquitoes and provide information on preventing waterborne and airborne infections. By following these recommendations, we can work together to maintain a healthy and disease-free environment for our children.

- 1. Protection Against Monsoon Disease:** Monsoon Disease is a viral illness that is common during the monsoon season. It is essential to take the following precautions to prevent its spread.
  - Teach your children to practice good hygiene habits, including washing hands regularly with soap and water.
  - Instruct your children to cover their mouths and noses with a tissue or their elbow when coughing or sneezing. Discourage them from touching their face unnecessarily.
  - If your child shows symptoms such as fever, cough, runny nose, sore throat, or body aches, please keep them at home and consult a healthcare professional, if necessary.
  - Ensure that your child receives all necessary vaccinations recommended by healthcare authorities.
- 2. Battling the Mosquito Menace:** Mosquitoes are prevalent during the monsoon season and can spread diseases such as dengue, malaria, and chikungunya. Taking measures to protect against mosquitoes is crucial.
  - Encourage your children to wear full-sleeve shirts, full pants, and socks to minimize skin exposure when outdoors.
  - Apply mosquito repellent on exposed skin and clothing. Choose a repellent recommended for children and follow the instructions carefully.
  - Make sure your child's sleeping area is adequately protected from mosquitoes using bed nets or screens.
  - Eliminate any stagnant water around your home, as it serves as a breeding ground for mosquitoes. Regularly empty and clean containers that collect water, such as flower pots, buckets, and old tyres.
- 3. Preventing Waterborne Infections:**
  - During the monsoon season, waterborne infections such as diarrhoea, cholera, and typhoid can be a concern.
  - Encourage your children to drink clean, filtered water and avoid consuming water from unknown sources.
  - Teach your children to wash their hands with soap before eating and after using the restroom.
  - Ensure that your child carries a clean, sealed water bottle to school every day.
  - Advise your children to avoid eating raw or street food that may be contaminated.
- 4. Guarding Against Airborne Infections:** Airborne infections, including common colds, flu, and respiratory infections, can spread easily in crowded areas such as schools.
  - Teach your children to cover their mouth and nose with a tissue or their elbow when coughing or sneezing.
  - Promote good ventilation at home and in classrooms by keeping windows open whenever possible.
  - If your child is unwell with flu-like symptoms, kindly keep them at home to prevent the spread of the infection to others.
- 5. Conjunctivitis:** It is highly contagious, which means that it can spread easily from person to person. For this reason, it is important to avoid passing on the infection to others by practicing good hygiene.
  - Direct your child to avoid touching their eyes with their hands.
  - Counsel children to wash their hands often.
  - Guide them to use a clean towel and washcloth daily.
  - Change your child's pillowcases often.
  - Throw away old eye cosmetics.
  - Don't share eye cosmetics or personal eye care items.

By following these guidelines, we can create a safe and healthy environment for our children during the monsoon season. We appreciate your cooperation and commitment in ensuring the well-being of our school community. If you have any questions or concerns, please feel free to reach out to us.

Stay safe and enjoy the monsoon season responsibly!

Regards

Principal

*In Pursuit of Excellence*

