

ADVISORY TO PARENTS – PREVENTION OF SEASONAL INFLUENZA

Dear Parent

Greetings!

Seasonal influenza is an acute respiratory infection caused by influenza viruses and can spread rapidly, particularly among young children. As part of our efforts to safeguard the health and well-being of our students, we request your cooperation in following these simple preventive measures:

- Encourage your child to **cover their mouth and nose with a tissue, handkerchief or elbow while coughing or sneezing.**
- **Wash hands frequently** with soap and water, especially after coughing, sneezing or returning from outside.
- Advise children to **avoid touching their eyes, nose and mouth** unnecessarily.
- **Avoid crowded places** whenever possible, particularly during periods of increased respiratory illness.
- Avoid **shaking hands or close-contact greetings** when someone is unwell.
- **Limit close contact with individuals suffering from respiratory illness.**
- Encourage your child to **drink plenty of fluids and maintain good hydration.**
- Do not administer medicines without consulting a doctor.
- If your child develops symptoms of respiratory illness, please seek appropriate medical advice and **avoid sending the child to school if they are unwell.**

We request all parents to reinforce these healthy practices at home so that together we can help prevent the spread of seasonal influenza and ensure a safe and healthy school environment for everyone.

Your cooperation is greatly appreciated.

Regards
Team GDGPS Dwarka