

# Jaspal Kaur Public School

Shalimar Bagh, Delhi-110088]

No. JKPS/Circular/2020/30

March 5, 2020

## Circular Precautionary Measures (Pre-School to XII)

Dear Parents,

Due to rapid spread of viral infections, the need of the hour is to remain vigilant and follow preventive measures. The school is educating and training the students for the same.

We are sharing some precautionary measures with you for the safety of the students.

### I. DO's

- Frequently wash your hands thoroughly with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer.
- Avoid crowded places. Stay at home when you are sick.
- Cover your nose and mouth with disposable tissue or handkerchief while coughing and sneezing.
- Stay more than one arm's length from those who are coughing and sneezing.
- Take adequate sleep and rest.

### DON'Ts

- Don't touch eyes, nose or mouth with unwashed hands.
- Don't hug or shake hands while greeting.
- Don't spit in public places.
- Don't take medicines without consulting the doctor.
- Don't dispose off used napkin or tissue paper in open areas.
- Don't touch surfaces usually used by public.

### II. **Boost your immunity** by drinking plenty of water/liquids and take a balanced diet.

These can help us prevent spread of various viral infections.

Please don't send your child to school if he/she feeling sick or having cough, cold and fever. Do consult a doctor for any health issue.

Thanks & Regards,



(George Mathew)  
Principal