



## DELHI PUBLIC SCHOOL, JALANDHAR

### HEALTH AWARENESS CIRCULAR

Classes- Pre-nursery to XII

Ref.no: DPSJ/19-20/197

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We all at DPS are a family. We are concerned about each other and we want each member of our family to stay safe & healthy. Hence our medical officer would like to share more information with you all.

## **CORONA VIRUS**

Corona Virus is a new virus, first identified in Wuhan, Hubei province in China. Corona Viruses are a large family of viruses, some causing illness in people and other that circulate among animals. It is a virus that causes an infection in your nose, sinuses or upper throat. The disease can be fatal but that's mainly among older people with pre-existing conditions.

### **MODE OF TRANSMISSION:**

1. From person to person through droplet infection during coughing and sneezing.
2. By touching an infected person's hands or face.
3. By touching things such as door knobs, mobiles that infected people have touched.

### **SYMPTOMS:**

1. Running nose
2. Coughing and sore throat
3. Sometimes fever
4. Headache
5. Difficulty in breathing and shortness in breath

### **DOs:**

1. Cover your mouth with your elbow while coughing and sneezing and if you use a tissue please throw it away immediately.
2. Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol based sanitizer.
3. Keep your hands and fingers away from your eyes, nose and mouth.
4. Avoid crowded places and tell your children to maintain at least three feet of distance between themselves and people who are coughing, sneezing and have fever.
5. Drink plenty of warm water.
6. Wear a mask if you are coughing or sneezing.

### **Don'ts:**

1. Do not spit in public.
2. Do not shake hands, use other form of greetings.
3. All non essential travel to China or affected countries to be avoided.
4. Do not take medicines without consulting the physician.

Please watch this video released by the UNICEF for further information [https://www.youtube.com/watch?v=ujWFj\\_6FaMY](https://www.youtube.com/watch?v=ujWFj_6FaMY)

**STAY SAFE, STAY HEALTHY!**

**Warm Regards**  
**DPS Jalandhar**