



Delhi Public School Panipat City
Circular

August 3, 2016

DPSPC/CIR/16/ 21

Dear Parents,

On one hand while the monsoons bring us much needed relief from the scorching heat, on the other hand it also becomes a perfect environment for virus and bacteria to thrive.

In view of the recent Dengue cases in the country, the school strongly advises that students should wear long-sleeved shirts and trousers/long socks as the Dengue mosquito attacks between 8 am and 10 am. Children should be kept protected as much as possible. While we are conducting intensive fogging exercises, children should wear full sleeve shirts & white (only) trouser. Please apply Mosquito Repellent also on your ward before he/she comes to school.

The ongoing viral is air borne and there is little we can do about it but to take precautions, mentioned below and keep ourselves healthy and strong to be able to build immunity against these frequent viral attacks.

- Wash your hands as frequently as you can with soap and warm water.
- Use a clean napkin or handkerchief.
- Drink lots of water because during this season, sweat does not evaporate quickly, preventing the body from releasing heat. Also, drink warm beverages like ginger tea.
- Eat lots of fruits and wash your fruits/vegetables well.
- Try and avoid street food as much as possible during this season, as they are likely to contain bacteria. Better to eat fresh, home-cooked meals.
- Use mosquito nets, creams and repellents to protect yourself from mosquito bites.
- Avoid walking into dirty puddles of water.

Regards,

Principal
Principal 03/08/2016