



Sachdeva Public School

Sector 13, Rohini, Delhi 110085

Advisory from the School Doctor

Dear Parents

Greetings of the day!

The recent change in weather has coincided with an increase in viral infections, including seasonal flu, chickenpox and mumps. As a pediatrician, I recommend the following guidelines:

1. DO NOT send your ward to school if [s]he is experiencing symptoms such as fever, cough, cold, earache, any type of rash or swelling below the ear. Send your child back to school only after a minimum of 24 hours has elapsed after the fever subsides.
2. All flu like illness spreads through droplets, so teach your child proper respiratory and hand hygiene. Encourage children to consistently sneeze or cough into their sleeve rather than their hands. Additionally, advise them to wear a mask if they exhibit any respiratory symptoms, ensuring the safety of themselves and those around them.
3. All children below 5 years of age are advised to get annual Flu vaccination done. Flu shots are also advised for older children with co-morbidities. MMR vaccine shots are also advised for children between 4-6 years age group. Consult your pediatrician for the same.

The school is committed to implementing necessary measures to maintain adequate hygiene and provide appropriate medical attention to ensure the safety and health of your child. Your cooperation in adhering to these measures is greatly appreciated and crucial in fostering a safe and healthy environment for all students.

Thank you for your ongoing support and partnership in this endeavor.

School Doctor