



Ref. No. SPS/MV/2026-2027/6836

Date: 24/08/2026

HEALTH ADVISORY ON SEASONAL INFLUENZA

Dear Parents, Students and Staff

Pranam!

In view of the seasonal increase in influenza cases, including H1N1, reported in Delhi, the school community is advised to observe essential health and hygiene precautions. There is no cause for alarm; timely care and responsible practices can significantly help prevent the spread of infection and maintain a safe learning environment.

Common flu-like symptoms may include fever, cough, sore throat, runny or stuffy nose, headache, body ache, and fatigue.

Parents are requested to kindly keep the following guidelines in mind:

- **Rest and Recovery at Home:** Children who are unwell and experiencing significant flu-like symptoms should stay at home, take adequate rest, and recover fully. They may return to school only once they are fully fit and asymptomatic to resume their regular routine.
- **Use of Masks:** Students experiencing mild cough or cold symptoms should wear a mask as an additional precautionary measure.
- **Hand Hygiene:** Hands should be washed frequently with soap and water for at least 20 seconds or cleaned regularly with an alcohol-based hand sanitizer.
- **Respiratory Etiquette:** The mouth and nose must be covered with a tissue or the inner elbow while coughing or sneezing. Used tissues should be safely disposed of in a covered dustbin immediately.
- **Avoid Sharing Personal Items:** Sharing of water bottles, food, lunchboxes, stationery, towels, or other personal items must be strictly avoided among students.
- **Nutrition and Hydration:** Encourage children to consume adequate fluids, healthy home-cooked nutritious food, and ensure they get sufficient rest.
- **School Premises Maintenance:** The school is actively ensuring proper ventilation in classrooms, routine sanitization of high-touch surfaces, and maintenance of clean washroom facilities.
- **Timely Medical Advice:** Professional medical advice must be sought promptly if symptoms persist, worsen, or cause health concerns.

The cooperation of all parents, students, and staff in following these simple yet effective precautions will help us maintain a safe and healthy school environment for everyone.

Thank you for your kind cooperation and continued support.

Regards

Principal