



Cir 31/22-23  
Dear parents,



This is a health and safety advisory, which is being issued to safeguard the health and safety of all our students and staff members in light of the outbreak of many contagious diseases like Covid-19, Monkey Pox, Hand Mouth Foot Disease, Tomato flu, etc. which are now reported in various parts of our country.

As the threat of these communicable diseases looms large globally, the CDC and Ministry of Health and Family Welfare has issued guidelines on management of these diseases and create awareness, prevention and care. (Website links in the annexure)

We, as a responsible institution, are conscious of the need to take preventive and precautionary measures in the interest of our learners without creating undue panic. We also assure you that the highest standards of hygiene, awareness drive and precautionary measures being implemented at the school in interest of the safety and well-being of the entire school community.

In the light of the seriousness of the issue, we request your support in the following;

- a) Ensure that you absolutely **DO NOT** send your child to school even if you find mild symptoms such as cough, fatigue, body pain, rashes/blisters on skin, headaches, fever or any flu-like illness. If your child develops any of these symptoms, it is important that they **stay away** from school till the symptoms subside.
- b) Ensure your child comes to the school with a properly fit facemask and carry a small sanitiser bottle to use.
- c) Ensure good personal hygiene habits of your child. Efforts to drive healthy eating habits and food that boost immunity will go a long way in ensuring long-term health benefits.
- d) Always seek the advice offered by a registered Medical practitioner

We hope this information will help all of us in keeping ourselves and our community safe.

Warm regards,

Annexure:

#### **Monkey Pox-**

CDC <https://www.cdc.gov/poxvirus/monkeypox/index.html>

#### **MoFHW**

<https://main.mohfw.gov.in/sites/default/files/Guidelines%20for%20Management%20of%20Monkeypox%20Disease.pdf>

#### **Hand Mouth Foot Disease**

<https://www.cdc.gov/hand-foot-mouth/index.html>

<https://www.prevention.com/health/a40979387/what-is-tomato-flu/>

#### **Tomato Flu:**

Lancet article: [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(22\)00300-9/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(22)00300-9/fulltext)

<https://www.prevention.com/health/a40979387/what-is-tomato-flu/>

# MONKEYPOX

**Monkeypox** is a zoonotic infection caused by the monkeypox virus. Its is an orthopoxvirus virus that is very related to smallpox. This virus was contained to a few countries in Africa, but nowadays cases started appearing around the world. As of May 25th 2022, there are reported & confirmed cases of around **220** and suspected **90** cases. The incubation period of this disease is between **5 to 21** days. Symptoms can be mild to severe and the lesions can be very itchy or painful. The good news is the risk to the general public remains very low and there is a vaccine available for targeted vaccination of close contacts if required.

## SYMPTOMS OF MONKEYPOX



Rash with blisters on all body parts



Fever



Swollen lymph nodes



Headaches



Muscle & Back pain

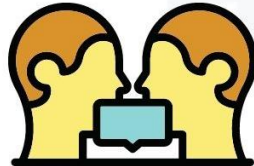


Low energy

## MONKEYPOX TRANSMISSION



Skin-to-Skin Contact



Face-to-Face Contact



Mouth-to-Skin Contact



During Sex



Touching infected bedding, towels, clothing etc

## HOW TO PROTECT YOURSELF FROM MONKEY POX



Hand Hygiene



Avoid Close Contact



Practice Safe Sex



Wear Mask if you cant avoid close contact



Check for symptoms before close contact

Cont.Ref: WHO,Unbiasedcipod

# HAND, FOOT AND MOUTH DISEASE

Hand, foot, and mouth disease (HFMD) is a very contagious viral infection. It's caused by viruses from the Enterovirus genus, most commonly the coxsackievirus. This is an infectious disease that occurs most commonly in infants and children younger than 5 years old, but can also occur in adolescents and occasionally in adults. In most cases, the disease is mild and self-limiting. Most children have mild symptoms for 7 to 10 days. The virus usually clears up on its own.

## SYMPTOMS OF HFMD



Fever & flu



Rashes on hands & feet



Mouth sore



Decreased appetite

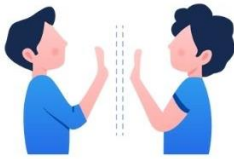


Drooling



Irritability

## TRANSMISSION OF HFMD



Person-to-person contact



Respiratory droplets



Contaminated surfaces and objects

## PREVENTION OF HFMD



Hand washing /Hand sanitisation



Clean and disinfect



Avoid touching eyes, nose, and mouth



Avoid close contact with sick people



Stay home if you are sick with symptoms of HFMD

Cont. Ref/CDC / WHO

# INFLUENZA (FLU)

**Influenza (flu)** is a viral infection that attacks the respiratory system. It is a highly contagious disease and is normally spread by the coughs and sneezes of an infected person. Flu is different from a cold. Flu usually comes on suddenly. For most people, influenza resolves on its own. But sometimes, the complications can be deadly. These are more common in children than in adults. The onset of symptoms are seen **1-4 days** after the infection.

## WHO ARE AT HIGHER RISK



Children under  
Age 5



Adults above  
65 years



People With  
Chronic Illness



Pregnant  
Women



People with weak  
Immune System

## SYMPTOMS



Sore Throat



Muscle or body  
aches



Headaches



Fever/  
Feverish chills



Cough



Sweats



Running Nose /  
Nasal Congestion



Fatigue/Tiredness

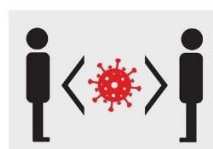
## CARE & TREATMENT



Consult a Doctor



Cover coughs/  
sneezes



Limit close contact  
with others



Avoid touching your  
eyes, nose, and mouth.



Hand Hygiene



Plenty of  
Rest



Drink Plenty  
of Liquids



Intake Vitamin C  
Rich Food



Flu  
Vaccination