

AIR FORCE BAL BHARATI SCHOOL
LODI ROAD, NEW DELHI-110003

Advisory to Parents

Since Dengue and Swine Flu is prevalent now-a-days in Delhi and NCR, following precautions should be taken-

- I. a) Children are advised to wear full sleeves shirt and trousers.
 - b) Use Mosquito Repellants (like Odomas creams or Wrist bands).
 - c) In case of high fever, headaches, joint pain, muscular pain, running nose, nausea, vomiting, abdomen pain and rashes, etc. for more than 2-3 days, consult a doctor and get blood test done or as advised by the physician.
 - d) Maintain a high level of personal hygiene – regular gargling, washing hands, cleaning of nose to be done.
 - e) Avoid crowded places and infected people. Use a mask if required.
 - f) Provide healthy, nutritious diet with lots of fluids, fruits and green vegetables to the children.
- II All children should be administered dewarming medicine. Albendazole (400 mgm liquid or tablet) single dose is advisable.

Dr. S Rao
(School Doctor, AFBBS)