

Dear Parents,

**Pune Municipal Corporation** held the 2<sup>nd</sup> lap of **H1N1** precaution meeting for all Educational institutions on 4<sup>th</sup> Dec 09. This meeting was attended by our school representative. Given below are some of the broad guidelines for your information.

**AUNDH WARD OFFICE, PUNE MUNICIPAL CORPORATION**  
**Broad guidelines for schools / educational Institutions**

- It should be made mandatory by the school authorities that all class teachers should begin their class with active screening of each student in the class so as to detect any student who is having symptoms of flu.
- **The onus of observance of discipline of isolation if the child is detected with H1N1 is shifted to the parents** and school authorities should accordingly write a letter to the parent. The parents are advised to keep other wards, at home, if they are found having flu like symptoms.
- Students, teachers and other employees working in schools/educational institutions are advised to wash their hands frequently with soap and water.
- Students, teachers and other employees working in schools/educational institutions are advised to observe strict cough /sneeze etiquette i.e. use tissue while sneezing and coughing. The tissue paper so used should be kept in a separate plastic bag, so that it can be disposed of safely.
- All the schools / educational institutions should observe regular cleaning of the area with cleaner they ordinarily use so that all the droplets and shredding from any unnoticed mildly infected students / employees are taken care of.
- **Closure of schools has not been recommended by Centre for Disease Control, Atlanta, USA.** It's value for prevention of spread of disease within school is outweighed by the possibility of community spread, which is more likely because the children will play and mix with public in various places and at social gathering and there will be nobody to advise them or prevent such incidents.
- School should discourage excursion of the students to the affected countries.
- Schools are advised to avoid any large gathering of students during the course of the day in the school.

We at school are doing our bit as advised by the PMC .We request your cooperation to help us prevent H1N1 from spreading.

Regards  
TOS Team

# H1N1

## Some Do's and Don'ts

### Do's

- Wash hands with soap regularly in school and at home.
- Cover your mouth and nose with tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water especially after you cough or sneeze
- Get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious food. It will increase the immunity of the body.
- Trim nails and keep self clean.
- Keep surfaces like door knobs, tables etc clean with disinfectant.
- If you develop flu like symptoms, isolate self for 7 days.

### Don'ts

- Do not send child to school even with slight fever. Home isolation and rest mandatory.
- Avoid overseas trip, holidays if possible.
- Avoid going out in crowded places e.g. theater, mall, large social gathering.
- Don't touch your mouth, nose, eyes after touching strangers and unknown surfaces.
- Don't touch yourself or others after sneezing or coughing .First wash your hands.
- Avoid close contact with people having respiratory illnesses.