

Circular No.: -SGS/Admin./PC044/2026-27
August 27, 2026 (Thursday)
Classes :- Balvatika 1 – Class XII



Strengthening awareness, prevention and preparedness against Seasonal Influenza/Swine Flu (H1 /N1)

Dear Parents

As per DOE circular No. DE.23(386)/Sch.Br/SHP/2026/185-191 dated 24 August 2026, in light of the recent surge in seasonal respiratory illnesses and H1N1 (Swine Flu) cases reported in Delhi, parents are requested to remain vigilant and take necessary precautions to safeguard the health and well-being of their children and the school community.

While there is no need for undue alarm, timely awareness and responsible preventive practices are essential, particularly in the school environment.

To break the chain of transmission, we urge you to review the guidelines outlined below:

1. Key Symptoms to Monitor

H1N1 is an acute, contagious respiratory infection. Please monitor your child daily for the sudden onset of any of these symptoms:

- High fever or chills
- Persistent dry cough and sore throat
- Running or stuffy nose
- Severe body aches and headache
- Extreme fatigue or weakness
- Gastrointestinal distress (such as diarrhoea or vomiting)

2. Core Preventive Actions for Parents (Do's and Don'ts)

Do's:

- **Mandatory Home Isolation:** Keep your child at home if they show any flu-like symptoms. Do not send them to school for classes, assessments, or exams.
- **Medical Evaluation:** Consult a registered medical practitioner immediately if symptoms develop. Avoid self-medication.
- **Prompt Reporting:** Inform your child's class teacher immediately if they are diagnosed with H1N1.
- **Complete Medical Recovery Fitness Certificate:** Allow your child to return to school only after they are fully recovered and have been issued a medical fitness certificate by an MBBS doctor. The same should be submitted (in original) at the school reception.
- **Hydration and Nutrition:** Ensure your child drinks plenty of fluids and consumes a balanced, nutritious diet to support immunity.

Don'ts:

- **No Self-Prescription:** Do not administer antibiotics or antiviral drugs without explicit diagnostic confirmation from a physician.
- **Avoid Public Crowds:** Restrict your child from attending crowded indoor environments, coaching centres, or social gatherings during a spike in illness.

3. Practicing Respiratory Etiquette & Hygiene

Please reinforce the following essential hygiene habits at home, which our teachers will also emphasize daily in the classrooms and morning assemblies.

- **Hand Hygiene:** Teach children to wash hands frequently with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.
- **Respiratory hygiene:** Instruct children to cover their mouth and nose with a tissue or their flexed elbow whenever they cough or sneeze. Tissues must be discarded immediately into closed dustbins.
- **Facial Contact:** Teach children to avoid touching their eyes, nose, or mouth with unwashed hands to avoid risk of infection.
- **Prevent transmission:** Maintain appropriate distance from people showing respiratory symptoms. Masks may be used where considered necessary.

4. School's Preparedness Measures

The school is fully committed to a safe, healthy environment. We are actively executing the following measures:

- Daily rigorous cleaning and disinfection of classrooms, corridors, handrails, and shared surfaces.
- Provision of adequate handwashing facilities with liquid soap in all wings.

We request your complete cooperation in managing this seasonal wave. Your proactive response protects your child as well as vulnerable classmates and teachers.

A small precaution today can prevent a larger health concern tomorrow.

Warm regards,


Miti Dhingra
Principal 27/6/20