

INTERNATIONAL COLLEGE FOR GIRLS
Gurukul Marg, SFS, Agarwal Farm, Mansarovar Jaipur -302020

Dated : November 9, 2009

Dear Parent,

Once again Swine Flu cases is on rise, which is basically due to the changing weather, hence please don't panic. Looking into the increased number of cases of swine flue being detected in the city and state, we once again reiterate that you take timely precaution against this infection.

If your child shows any symptoms of continuous sneezing, cough, fever or breathlessness, we advise you to seek immediate medical help from your doctor, so that timely treatment is provided.

You are also requested to avoid sending the child to college, that would give complete rest and care to the child and also prevent other students from being infected.

We would also suggest few basic precaution :

- You can help prevent the spread germs that cause respiratory illness like influenza by covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Washing your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol – based hand cleaners.
- Avoiding touching your eyes, nose or mouth. Germs spread this way.
- Trying to avoid close contact with sick people.
- Staying home from work or college if you are sick.

Your co-operation, awareness and timely response to these symptoms would collectively help us all deal with the infection.

With regards

Yours sincerely,

Dr. Ashok Gupta
Director