

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SCHOOL BRANCH
OLD SECRETARIAT: DELHI-110054

No. F. DE.23 (386)//Sch.Br./Swine Flu/2015/ 1680

Dated: 16-10-15

CIRCULAR

Subject: - HEALTH ADVISORY FOR SWINE FLU H1N1

Please find enclosed herewith the Health Advisory for Swine Flu H1N1 received from Addl. Director (SHS), Directorate of Health Services (School Health Scheme), Govt. of NCT of Delhi to create awareness among the Teachers and Students regarding Swine Flu H1N1.

All the Heads of Government, Govt. Aided & Unaided Recognized Schools are directed to display the message enclosed as Public Notice on the notice boards of the schools to enlighten the students regarding the symptoms and precautions to be taken in this illness. Children should be made aware about the Do's & Dont's with respect to H1N1 during morning assembly also. They should be encouraged to practice personal hygiene. Lastly, children with flu symptoms should be advised to stay at home, until they get fully cured. For students of Class I to VIII competitions like slogan writing, poster making & debate etc. may be organized at school level to create awareness about the Swine Flu H1N1 and importance of hand washing.

This issues with the prior approval of the Competent Authority.


(USHA RANI)
DDE (SCHOOL)

Encl: as above

All the Head of Govt., Govt. Aided & Unaided Recognized Schools through DEL-E

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Copy to:-

1. PS to Secretary (Education), Govt. of NCT of Delhi.
2. PS to Director (Education), Govt. of NCT of Delhi.
3. Addl. Director (SHS), Directorate of Health Services (School Health Services), DGD Building Karkardooma, Delhi-92.
4. All RDEs/DDEs (District/Zone)/DEOs.
5. OS (IT) to please paste it on the website.
6. Guard file.


(TAPESWAR)
DEO (SCHOOL)



**SCHOOL HEALTH SCHEME
DIRECTORATE OF HEALTH SERVICES
HEALTH ADVISORY FOR SWINE FLU H1N1**



PROTECT YOURSELF AND YOUR FAMILY FROM SWINE FLU H1N1!

Be aware of the symptoms

- Fever and cough; sore throat; running and stuffy nose; difficulty in breathing and other symptoms body aches, fatigue, chills, diarrhea, vomiting, blood in sputum.

Do's

- Cover your mouth and nose with a handkerchief or tissue paper when you cough or sneeze.
- Trash the tissue after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes nose or mouth
- Avoid crowded places; stay more than an arm length from persons afflicted with flu.
- Stay away from public places if you have fever, coughing & sneezing.
- Drink plenty of water, eat nutritious food.
- Sleep well.

Don't's

- Don't touch your mouth, nose, eyes after touching strangers and unknown surfaces.
- Don't touch yourself or others after sneezing or coughing.
- Avoid shaking hands or use other contact greetings.
- Don't spit in public.
- Don't take medicine without consulting the physician.

Important: The students suffering from any of the above symptoms may be advised to remain at home and consult the Doctor in nearby Dispensaries/ Hospital immediately.

Programme Branch, School Health Scheme

P.T.O.



**SCHOOL HEALTH SCHEME
DIRECTORATE OF HEALTH SERVICES**

स्वाइन फ्लू

स्वाइन फ्लू के लक्षण -

- तेज बुखार
- जुखाम
- गला खराब होना
- सांस लेने में कठिनाई होना

स्वाइन फ्लू की रोकथाम

	<p>खांसते व छींकते समय अपने मुंह एवं नाक को रूमाल से ढकें।</p>		<p>जब आप बीमार हो तो अपने घर से बाहर न निकलें।</p>
	<p>पानी और साबुन से अपने हाथ धोएं, खासकर तब जब आप खांसे या छींके।</p>		<p>अपनी आंखें, मुंह और नाक को बार बार छूने से बचे।</p>
	<p>बीमार लोगों के साथ निकट संपर्क से बचें।</p>		<p>उपरोक्त लक्षण हो तो डॉक्टर से संपर्क करें।</p>

स्वाइन फ्लू का इलाज सभी सरकारी अस्पतालों में निःशुल्क उपलब्ध हैं ।