

Dear Parents,

Greetings !!

As you are aware that the virus COVID 19 is spreading vigorously and is a contagious virus that causes respiratory infection , can transfer from human to human. Therefore all are advised to adopt following preventive measures for self and all,

- ❖ Wash hands with soap and water frequently.
- ❖ Cover nose and mouth with tissue or flexed elbow while sneezing and coughing.
- ❖ Avoid close contact with anyone having cold and flu like symptoms.
- ❖ Frequently clean and disinfect touched objects and surfaces.
- ❖ Avoid gatherings ,Social distancing is advisable.
- ❖ Take adequate sleep and rest.
- ❖ Drink plenty of water and eat nutritious food.

By following above precautionary measures we can keep ourselves safe.

Dr. Pratiksha Parikh

Principal

Tripada English School