



## **JSS PRIVATE SCHOOL CLINIC DEPARTMENT**

Dear Parent or Guardian,

Guidelines and awareness during Flu:

**Consider keeping your child at home and consult a doctor if he or she has any of the following symptoms:**

- Fever
- Very stuffy or runny nose and/or cough
- Sore throat
- Headache and general malaise
- Diarrhea
- Frequent congested cough

**To help prevent the flu and other colds, teach your children good hygiene habits:**

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue and then wash hands
- Avoid close contact with people who are sick

Colds are the most contagious during the first 48 hours. A child who awakes with fever or flu symptoms it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. To prevent spread of infection at school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

**It is so important to rest and keep yourself well-hydrated when diagnosed so you can recover as quickly as possible.**

At JSS School, we ensure that there is soap and hand sanitizer in all dispensers and encouraging students to follow infection control instructions i.e. (Hand washing, wearing mask, cough etiquette).

If you require any further information feel free to contact school clinic.

(Clinic @jsspsdubai.com      (043446419-212)