



ST. JOSEPH'S SCHOOL

531/1 Sadwa Kalan, Post TSL, Naini, Prayagraj - 211010

Affl. No. : 2133694

School Code : 71806

Ref. No.:

Ref: SJSNNI/HealthAdvisory/24/25/090125

Date: - 09/01/2025

Preventive measures to avoid Respiratory infections/Flu like illness

DO'S:	DON'T'S:
<ul style="list-style-type: none">➤ Cover your mouth and nose with handkerchief or tissue paper, when you cough or sneeze.➤ Wash your hands often with soap and water or alcohol based sanitizer.➤ Avoid crowded places.➤ Stay away from public places if you have fever, cough and sneezing.➤ Adequate ventilation with outdoor air is recommended in all settings to reduce the transmission.➤ Stay at home and limit contact with others if you are sick.➤ Drink plenty of water and eat nutritious food.	<ul style="list-style-type: none">➤ Reuse of tissue paper and handkerchief.➤ Close contact with sick people, sharing of towels, linen etc.➤ Frequent touching of eyes, nose and mouth.➤ Spitting in public places.➤ Self-medication without consulting the physician.➤ Refrain from handshake/hugging.

Health Advisory issued in the interest of public health

Principal
Principal
St. Joseph's School,
531/1, Sadwa Kalan,
Naini-Allahabad-211010