

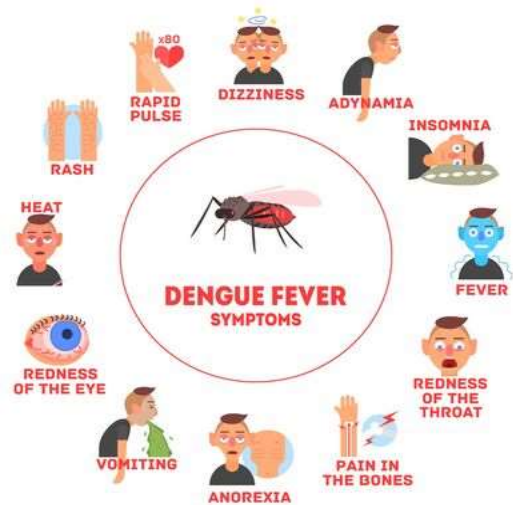


HEALTH AND WELLNESS CLUB
IF IT BREEDS, WE BLEED; BE AWARE, TAKE ACTION!

Dear Parents,

In India's most populated state of Uttar Pradesh, the spread of mosquito-borne diseases starts alongside the festive season around Diwali. *Dengue* cases have been rising in recent years and many families in Noida and Ghaziabad have lost their loved ones to this disease. Control of dengue, especially in Delhi NCR is therefore a national challenge.

Each student must survey probable threat places like coolers, plastic cups, uncovered water tanks, flower pots in their schools/premises, their respective homes, public places etc. and take effective control and preventive measures.



DO's

- Cover water tanks and containers with tight lids.
- Empty scrub and dry desert coolers every week before refilling.
- Use bed-net during fever to prevent mosquito bite during day time and interrupt transmission.
- To avoid mosquito bite during day time, wear full sleeved clothing and apply mosquito repellent cream, coil etc.
- Keep yourself hydrated throughout the day and carry water.

DON'Ts

- Don't allow water to stagnate in and around your house in coolers, buckets, barrels, flower pots, bird baths, freeze trays, coconut shells etc.
- Do not keep utensils, unused bottles, tins, old tyres and other junks in and around your house and roof top.
- Do not self-medicate if you have symptoms of Dengue like fever and body ache.
- Avoid wearing dark and tight clothing because mosquitoes are attracted to dark colours.

Mosquitoes need to be fought against cohesively and valiantly. Individual alertness, on the part of every person is the need of the hour.

"SUPPORT US IN EFFECTIVE IMPLEMENTATION OF WEARING FULL-SLEEVED CLOTHES POLICY TO KEEP CHILDREN SAFE."

Asha Prabhakar
(Principal)

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