

HEALTH AND WELLNESS CLUB

HELP PROTECT YOURSELF FROM GETTING & SPREADING PINK EYE : CONJUNCTIVITIS

Dear Parents,

Warm greetings! I hope this circular finds you and your family in good health.

As more people stop following the COVID 19 Protocol of washing hands, wearing masks and maintaining social distance, cases of eye conjunctivitis, commonly known as "Pink Eye," have been reported and are on the rise, especially among school students.

The most common symptoms include redness, itching, watering, discharge, and sensitivity to light. If such symptoms occur, please seek medical advice promptly and keep your child at home until they have fully recovered.

To prevent the spread of eye conjunctivitis, please encourage and educate your children about the following preventive measures:

- ❖ Frequent hand washing with soap and water for at least 20 seconds.
- ❖ Avoiding touching or rubbing the eyes with unwashed hands.
- ❖ Not sharing personal items like towels, pillows, or eye makeup.
- ❖ Covering the mouth and nose with a tissue or elbow when coughing or sneezing.
- ❖ Adhering to good hygiene practices, such as regularly cleaning and disinfecting personal items.

We are taking necessary precautions within the school premises to minimize the spread of eye conjunctivitis.

Let us stay vigilant and united in our efforts to protect our children's health.



Thank you for your unwavering support.

Distribution

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