



# M.M. PUBLIC SCHOOL

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Website [www.mmpublicschool.com](http://www.mmpublicschool.com)

MMPS/Circular/07/2020

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Dear Parents,

Greetings!

In order to prevent the spread the Novel Corona Virus the school hereby advises to adhere to the following Do's and Don'ts as precautionary measures:

## Do's

- To maintain personal hygiene and physical distancing
- To practice frequent hand washing. Washing hands with soap and water or use alcohol – based hand rub. Wash hands even if they are visibly clean.
- To cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- To throw used tissues into closed bins immediately after use.
- To maintain a safe distance from persons during interactions, especially with those who are having flu-like symptoms.
- To sneeze in the inner side of your elbow hands. And not to cough into the palms of your hands.
- To take their temperature regularly and check for respiratory symptoms.
- To see a doctor if you are unwell (fever, difficulty breathing and coughing) while visiting a doctor wear a mask/cloth to cover your mouth and nose.
- For any fever/ flu-like signs/symptoms, or any query related to COVID-19, please call GNCTD'S helpline numbers 011-22307 145,22300012' 22300036 or the24x7 helpline number of Ministry of Health & Family Welfare at 011-23978046.

## Don'ts

- Shake hands
- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Sneeze or cough into palms of your hands.
- Spit in public.
- Travel unnecessarily, particularly to any affected region.
- Participate in large gatherings, including sitting in groups at canteens.
- Visit gyms, clubs and crowded places etc.
- Spread rumors or panic.

PRINCIPAL