



COVID-19: LET US PREVENT IT

Dear Parents,

The Crisis of COVID- 19 is amongst the worst and most difficult times faced by mankind. We must fight this with a spirit of solidarity, resolve, empathy and understanding. We must unite to win this battle against the COVID – 19 and support the government in its efforts to control the spread of this disease.

- **Follow the Lockdown seriously.**

Only way we can flatten the curve and reduce pressure on our Health care system.

- **Maintain Social Distancing.**

Designate 1 person from the family for procuring essentials from the market. Always maintain a distance of 1 meter /3feet from others. Avoid any kind of social/religious gathering.

For general use no need for N95 mask; any simple surgical or cloth mask is also fine.

- **Basic Hygiene and Hand Washing:**

Wash your hands/face before going out and after returning back with soap and water thoroughly for about 20 sec.

Hands should also be washed before and after eating food, before and after tending to sick/old/children and after using the washroom. Children should be taught the correct hand washing technique and encouraged to do same. Sanitizers may be used when outside.

Avoid touching your face/eyes/nose.

Cover your mouth and nose when you sneeze or cough. Use single use disposable tissue for same. Wash hands immediately after discarding the tissue.

Avoid touching commonly handled objects like door knobs/lift buttons.

- **Cross ventilation:**

The coronavirus droplets can stay in closed rooms. Open windows and doors to cross ventilate your homes/offices for at least 30 minutes daily.

- **Do not spread/believe rumors:**

Always follow authentic sites. Confirm the news before believing and forwarding to others. Stay calm and do not panic.

- **Post Lockdown:**

Once the lockdown is lifted by the Government; those with medical conditions like Blood pressure, Diabetes, Heart diseases, Cancer and those above 60 years of age should still continue to stay indoors as far as possible. Young people should also avoid crowding and social gatherings till situation is fully under control.

Tips to boost up IMMUNITY against COVID – 19:

The entire world is suffering from the COVID -19 pandemic. Although there is no known cure to it, preventive measures can be taken to boost up our body's natural defense mechanism against diseases i.e build up our Immunity.

The Ministry of AAYUSH has recommended certain practices to boost up our Respiratory health.

- Keep your **surroundings clean**.
- Always stay well **hydrated**. Keep sipping on **warm liquids** throughout the day. Have **turmeric milk/green or herbal tea** daily. **Herbal decoction** (Kadha) made from dry ginger, honey, cinnamon, Tulsi (basil), black pepper can be made and consumed.
- Do **salt water gargles** twice daily.
- Take **Steam inhalation** twice daily. Nasal application of coconut oil/ghee has been documented to increase immunity.
- Include fresh vegetables and fruits in the diet. Amla(Indian Gooseberry),Tulsi (Basil),Ginger, Turmeric are **natural immune boosters**. **Wash the vegetables** well before cooking. **Avoid semi cooked or raw food** in this period. Use **Indian spices** like Jeera(Cumin), Haldi(turmeric), Dhaniya(Coriander) and Lehsun(garlic) while cooking.
- Ensure a **good relaxing sleep** of minimum 8 hours.
- Daily **Yogasana/Pranayama** for minimum 30 minutes. Body relaxing exercises can also be done.
- Avoid unnecessary Stress. Daily **Meditation** helps in keeping negativity and anxiety at bay and inculcates a sense of well-being.
- Listen and watch only authentic news just enough to get updated.
- Inculcate habit of frequent hand washing to keep infection at bay.

In case of any health related queries, please mail us on medical.dpsbopal@kalorex.org We will revert back at the earliest.

Best Wishes
Medical Department,
Delhi Public School - Bopal

STAY HOME!.....STAY HEALTHY! STAY FIT!