

## COVID Precautions

Dear Parents,

The fear of the Covid-19 third wave has been talked about since a long time. Multiple evidences all over the world observing that the world is grappling with third wave. In India, researchers predicted that the third wave with Omicron variant will explode in early 2022. Due to the onset of winter, there is an increase in number of cases which needs to be taken seriously especially during vacations.

The World Health Organization suggested that the latest Omicron variant may easily infect people who were infected with COVID earlier. Though scientifically there is no proof that vaccines won't work. Experts fear that it is 6 times more infectious than Delta Virus. The severity of this infection is unknown. We need to be extra cautious as schools have opened. It is necessary to teach children about COVID appropriate behavior in school.

### Practicing caution

1. Make sure children adhere to the COVID protocols. Follow SMS: - Social distancing, Mask, and Sanitization.
2. Avoid visiting relatives, friends and attending social gatherings.
3. Teach your children not to touch Eyes, Nose and Mouth often.
4. Get your children vaccinated for Flu. Track your child's Immunization card and get pending vaccinations completed.
5. Use a surgical mask and double it with cotton three-ply masks on top of it.
6. Help your child stay active by leading an active lifestyle yourself and making physical activity a part of your family's daily routine.
7. Provide home-cooked food for adequate nutrition.
8. Do not send your ward to the school if he/she has cough, cold, scratchy throat, tiredness and muscle pain. Consult a pediatrician.

With Best Wishes,  
Medical Department  
Delhi Public School-Bopal, Ahmedabad