



SALWAN PUBLIC SCHOOL

Pt. Girdhari Lal Salwan Marg, Rajendra Nagar

New Delhi – 110060

CIRCULAR



Subject: Awareness on H1N1 influenza

Classes Nursery-XII

SPS/ 647 / 2026-27

31 August 2026

Dear Parent

The health and well-being of our students is our foremost priority. In view of the seasonal occurrence of respiratory infections, parents are requested to remain **alert and well-informed about H1N1 influenza (commonly known as Swine Flu)** and take appropriate preventive measures.

H1N1 is a respiratory infection that can spread through respiratory droplets when an infected person coughs or sneezes and through contaminated hands and surfaces.

Preventive Measures

Parents are requested to encourage their children to:

- Wash their hands regularly with soap and water or use an appropriate hand sanitiser.
- Cover their nose and mouth with a tissue or their elbow while coughing or sneezing.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Avoid close contact with individuals who are unwell.
- Maintain good personal hygiene and ensure adequate rest, hydration and nutritious food.
- Avoid sharing personal items such as water bottles, utensils and handkerchiefs.

Please Keep Your Child at Home if Unwell

If your child develops **fever, cough, sore throat, runny/stuffy nose, body ache, headache, chills or unusual tiredness**, please keep the child at home and consult a qualified medical professional. The child should return to school only when sufficiently recovered and as advised by the doctor.

Parents are also requested to **inform the school promptly if their child is diagnosed with H1N1 or another contagious respiratory infection**, so that appropriate precautionary measures can be taken.

We request all parents to cooperate with the school in maintaining a **safe, healthy and hygienic environment** for all students and staff. There is no need for unnecessary alarm; awareness, hygiene and timely medical attention are the best preventive measures.

Stay Safe, Stay Healthy!

Warm regards,

Priyanka Barara
Principal



स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
HEALTH AND
FAMILY WELFARE



Influenza A (H1N1) Common Symptoms



Recognize early. Stay Healthy.



1
Lethargy &
Lack of Appetite



2
Cough &
Sore Throat



3
Nausea &
Vomiting



4
Joints &
Muscles Pain



5
Runny Nose



6
Fever



7
Headache



8
Diarrhea



Influenza is mostly self limiting in healthy adults. The recovery is better with management of symptoms, plenty of fluids and rest.



Consult your physician or visit nearest government health facility in case the symptoms don't subside in 5-6 days or in age-extreme cases or if you have underlying medical conditions.

Simple steps, strong protection



Wash hands frequently



Cover your mouth and nose while coughing/sneezing



Stay home when unwell



Rest well and stay hydrated

H1N1 (Swine Flu) Prevention Tips

Stay Safe with These Simple Steps



Annual flu vaccination



Frequent handwashing



Covering coughs and sneezes



Avoiding close contact with sick individual/animals



Staying home when sick



Disinfecting frequently touched surfaces



Using a face mask



Maintaining healthy habits

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