

SHIVALIK PUBLIC SCHOOL, MOHALI

Dear Parents,

The spread of the coronavirus (COVID-19) is the most serious global health security threat in decades. Restrictions imposed, though inevitable, have disrupted daily routines for millions, including students.

While a lot is still unknown about the virus that causes COVID-19, we do know that it is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing) Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth).

It is however important that we take actions to prevent further transmission, reduce the impact of the outbreak and support control measures.

- Wash your hands frequently, always with soap and water for at least 20 seconds
- Maintain social distancing : Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth
- Good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members

In a situation like this, it is normal to feel sad, worried, confused, scared or angry. If possible, we must create opportunities for children to play and relax. We must encourage children to draw, write, or journal so they can express their feelings. And keeping a routine for them is always helpful during a crisis.

Provide age-appropriate facts about what has happened, explain what is going on and give them clear examples on what they can do to help protect themselves and others from infection.

Be informed, Be prepared, Be Smart, Be safe, Be ready to fight # COVID 19!

Best wishes!

Principal