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The Air Force School
Subroto Park, New Delhi

TAFS/79/Cir/Adm dt 28 Jul 25

PREVENTIVE MEASURE AGAINST DENGUE/CHIKUNGUNYA/INFECTIOUS DISEASES

Dear Parents,

1. We experience an outbreak of Dengue/Chikungunya/other infectious diseases during monsoons every year. All of us are vulnerable and we would like to keep the children as safe as we can, especially during their time in school.
2. We have been working round the clock to keep the school premises as free of mosquitoes as possible. Regular fogging of the school building and the garden after all students have left the school premises is taking place. We also have been creating an awareness regarding the cause, symptoms and prevention of these diseases through assembly talks, board displays, power point presentations and class discussions. We would appreciate your cooperation in making this campaign a success so that the good health of our children is taken care of.
3. Advisory for Parents:-
 - 3.1. Please send your ward to school in full sleeves uniform shirt with trousers. No Jeans will be permitted.
 - 3.2. Their bodies could be protected from mosquito bite by applying insect repellent on the exposed part of the body
 - 3.3. Wash hands properly with soap and water before consuming food.
 - 3.4. The expiry date of all packed eatables/drinks should always be checked before eating.
 - 3.5. Plenty of water and fluids should be consumed before stepping out in the heat.
 - 3.6. Consumption of water, milkshakes, fruit juices, chaat and food material from roadside vendors should be avoided.
 - 3.7. Don't send your ward to school if he/she is sick.
 - 3.8. Don't let water collect in any containers which are kept open. Standing water is a perfect breeding ground for mosquitoes.
 - 3.9. Change water in flower vases once in a day
4. As always, the safety of the children is a priority and I do hope that these measures will help to keep the children relatively safe & healthy.

Regards,

Yours sincerely,



(Lomina Rajiv)
Principal



Directorate of Health Services,
Dept. of Health & Family Welfare, Govt. of NCT of Delhi



DO's and DON'Ts for Dengue, Chikungunya and Malaria

DO's	DON'Ts
Cover all water tanks and containers with well fitted lids to prevent mosquito breeding	Do not keep water containers open as they can attract mosquitoes to breed
Empty, scrub and dry, coolers every week before refilling to prevent breeding of mosquitoes. Paint inside of coolers before use in summer	Don't use the old grass of cooler in the next season and properly dispose off the same
All unused containers, junk materials, tyres, coconut shells etc. should be properly disposed off	Don't throw broken utensils, unused bottles, tins, old tyres and other junks in open as <i>Aedes</i> mosquitoes breed in these objects during rainy season
Change water in flower vases, plant pots, bird bath every week to prevent mosquito breeding	Don't allow water to stagnate in and around houses in coolers, buckets, barrels, flower pots, bird baths, freeze trays, coconut shells etc
Cover the toilet seat if going out of home for more than a week	Don't depend only on platelet count for diagnosis of Dengue
To avoid mosquito bites wear full-sleeved clothing and use mosquito repellents to prevent mosquito bites. Put wire mesh on doors and windows to prevent entry of mosquitoes	Do not allow children to wear short sleeved clothes and play in water puddles and stagnant water bodies
Use bed net at home and hospital during dengue fever to prevent mosquito bite and to interrupt transmission, Use aerosol, vaporizers (Coils/Mats) during day time	Don't insist for hospitalization in case of Dengue fever unless advised by a doctor, as many Dengue patients do not require hospitalization
Take Paracetamol, plenty of fluids and rest in case of fever	Don't use Aspirin, Ibuprofen, Nimusulide and over the counter medicines for lowering down body temperature
Create awareness among community	Do not create panic. Dengue, Chikungunya and Malaria are treatable.