

## **Advisory for swine flu**

Swine flu virus is in the air, we request the parents to be careful.

Early symptoms of swine flu include – cough, fever, headache, sore throat, muscle pain, chills, vomiting or diarrhoea. If a person develops any of these symptoms, he/she should immediately consult a doctor.

Precautions to be taken to prevent the spread of swine flu:

1. Cover your mouth and nose when you sneeze.
2. Use disposable tissues instead of a handkerchief if you have a cold and throw the tissue in dustbin after use.
3. Avoid touching your eyes, nose or mouth too often as this can lead to you contracting the disease.
4. Wash your hands with soap and water or a hand sanitizer frequently.