

CIRCULAR FOR PARENTS

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To: Parents (EYP Stage 1 to Senior Kg)
From: The Principal
Subject: Information on important infections

Date: 24/08/2022

Dear Parents,

Hope you all are doing well.

In the last month, we have witnessed a lot of sickness around us, especially for young children in the age group of 2 to 10 years. We thought it would be helpful to share some details regarding the common illnesses in our city at this time, for us to be more vigilant as well as to promote prevention and timely action.

A list of some common illnesses for which we need to be vigilant currently include-

Type of Illness	Common Symptoms (could be experienced in any combinations)
1. Swine Flu (H1N1)	<ul style="list-style-type: none"> - Fever and chills - Sore throat - Cough - Severe muscle aches - Severe fatigue - Headache - Runny nose, nasal congestion - Sneezing <p>Link for reference: Mayo Clinic on Swine Flu</p>

<p>2. Hand Foot and Mouth Disease (HFMD)</p>	<ul style="list-style-type: none"> - Fever - Sore throat - Painful, blister-like lesions on the tongue, gums and inside of the cheeks - A rash on the palms, soles and sometimes the buttocks - Loss of appetite <p>Link for reference: Mayo Clinic on HFMD</p>
<p>3. COVID-19</p>	<ul style="list-style-type: none"> - Fever - Cough - Cold - Tiredness - Muscle ache - Chills - Sore Throat - Shortness of breath <p>Link for reference: Mayo Clinic on Covid</p>
<p>4. Regular Viral Flus</p>	<ul style="list-style-type: none"> - Fever (Mild/High) - Cough - Cold - Stomach issues
<p>5. Typhoid</p>	<ul style="list-style-type: none"> - High Fever - Headache - Stomach pain - Constipation or diarrhea <p>Link for reference: Mayo Clinic on Typhoid</p>
<p>6. Mosquito borne illnesses (Dengue, Chikungunya, Malaria)</p>	<ul style="list-style-type: none"> - Sudden High Fever - Headache - Fatigue - Nausea - Joint pain - Rashes <p>Link for Reference: Nationwide Children's On Mosquito Borne Diseases</p>

Note: Please note that a patient might experience any combination of the above symptoms. Doctor's guidance should be followed for undertaking any form of testing and treatment.

Relevant News article for parent reference:

<https://ahmedabadmirror.com/viral-flu-cases-on-rise-in-children/81841237.html>

Important Measures for Protecting Children:

Parents can take the following measures for protecting young children against these common illnesses-

- Make children wear full-sleeved and full-body covered clothes as far as possible. Use mosquito repellents made for children and in your homes.
- Limit exposure of children to places with a lot of public, especially indoors.
- Keep their immunity high through various natural ways and supplements advised by the pediatrician.
- Avoid close contact with individuals suffering from viral illnesses, even family members if possible!
- Ensure that your child is fully vaccinated as per the vaccination chart of the pediatrician (including the Yearly Flu vaccine).
- Do not ignore cold/cough/fever/any symptoms. Directly seek doctor advice in case further investigations are required and follow timely treatment.
- Please refrain from sending sick children to school.
 - Doctors advise that a child can return to school after atleast 3 days of not having fever without fever medication. This ensures that the child has built enough immunity to not get reinfected and will also avoid spreading the infection to others. When in confusion whether to send, seek the doctor's advise.
 - Avoid sending the child to school if any immediate family member is currently suffering from a viral infection and continues to be in close contact with the child.
- Please contact and inform the school if your child is diagnosed with any illness. This helps us to be more vigilant and take proactive preventive measures for further spread.

Let us also understand that young children often fall sick in the process of developing their bodily immunity. It is important to balance the need for protection with opportunities for young children to interact with others and gain external experiences. So let us not panic but be in control to be able to ensure that our children recover from any illness with appropriate care and attention.

Best regards,



Sharmistha Chakraborty

Principal

Redbricks Early Years Centre and Preschool