



Forward Ever to Serve

Rockford Convent School

Dear Parent,

The unpredictable weather has brought with it viruses and bacterial infections. Nowadays, Coronavirus is posing a grave threat worldwide. It is spreading from China to various countries. Keeping the safety of our children in mind, Rockford Convent School suggests the following steps that could be taken by you and your family to ensure good health of all around us.

- Please keep your child at home if he/she is not feeling well (fever, common cold and cough included)
- Keep yourself well hydrated. Keep your throat moist at all times.
- Avoid going to crowded places and wear a mask especially while travelling in public transport.
- Avoid fried/spicy food.
- Increase your intake of Vitamin C.
- Sanitize /wash your hands frequently. Children can carry sanitizers in their bags.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don't panic or be influenced by fake news doing rounds.

If any of these symptoms are observed then please see a doctor and rest at home. Keep your loved ones, especially children, safe and protected.

STAY AWARE TO STAY SAFE

Regards,

Rockford Convent School

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