




The BGES School (ICSE)
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Precautionary Measures for Children against Swine Flu

- **Avoid over crowded places like picnic spots, shopping malls, restaurants**
- **Do not use unhygienic public facilities like toilets, roadside food etc.**
- **Keep your nostrils clean**
- **Wash your hands ten times a day**
- **Cover your mouth and nose while coughing and sneezing**
- **Drink plenty of warm liquids**
- **Have citrus fruits like amla, oranges**
- **Gargle twice a day with warm salt water**
- **Keep your hands off the face as much as you can**
- **Maintain personal hygiene**

FOR FURTHER DETAILS SEE THE VIDEO ON THE LINK GIVEN BELOW

<https://www.dropbox.com/s/wb1qyi7oibpj0v3/Swine%20Flu.mp4?dl=0>


Brij Bhushan Singh
Headmaster
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