

Notice Coronavirus Precautionary Measures

GEMS,Patiala/Cir.Cen/2019-20/245

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Dear Parents,

We all are aware of the international situation concerning the **Corona Virus**.

This is a new virus and its specific nature is currently unclear, however it appears that you can have the virus at an early stage and not be showing any symptoms. The incubation period is currently considered to be 14 days.

As precautionary measures we would suggest the following precautionary measures:

1. Practicing basic personal hygiene still remains the most effective method of prevention in this battle against the epidemic. Always wash your hand with soap and water well enough.
2. The virus lives on the hands for 10 minutes, so putting an alcohol sterilizer in the pocket meets the purpose of prevention.
3. One glass of lemon in a day is an effective method of building immunity which helps in fighting the virus..
4. Health ministry has advised to avoid eating out.
5. Gargle with warm and salt water kills the tonsils' germs and prevents them from leaking into the lungs.
6. Also drinking hot water and sun exposure will do the trick.
7. As virus appears to spread through droplets in the air from a cough or sneeze. Health ministry has advised reduce mass gatherings to avoid the spread of COVID-19 Novel Corona virus.

Adherence to these instructions helps in preventing the spreading of the viruses.

Warm Regards,



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