



TMPIS /CIR/74/22-23

Date: 6<sup>th</sup> September, 2022

Dear Parents,

### Greetings from T.M. Patel International School

This is a health and safety advisory, which is being issued to safeguard the health and safety of all our students and staff members in light of the outbreak of many contagious diseases like Covid-19, Monkey Pox, Hand Mouth Foot Disease, Tomato flu, etc. which are now reported in various parts of our country.

As the threat of these communicable diseases looms large globally, the CDC and Ministry of Health and Family Welfare have issued guidelines on management of these diseases and create awareness, prevention and care. (Website links in the annexure)

We, as a responsible institution, are conscious of the need to take preventive and precautionary measures in the interest of our learners without creating undue panic. We also assure you that the highest standards of hygiene, awareness drive and precautionary measures being implemented at the school in interest of the safety and well-being of the entire school community.

In the light of the seriousness of the issue, we request your support in the following;

- a) Ensure that you absolutely **DO NOT** send your child to school even if you find mild symptoms such as cough, fatigue, body pain, rashes/blisters on skin, headaches, fever or any flu-like illness. If your child develops any of these symptoms, it is important that they **stay away** from school till the symptoms subside.
- b) Ensure your child comes to the school with a properly fit facemask and carry a small sanitiser bottle to use.
- c) Ensure good personal hygiene habits of your child. Efforts to drive healthy eating habits and food that boost immunity will go a long way in ensuring long-term health benefits.
- d) Always seek the advice offered by a registered Medical practitioner.

We hope this information will help all of us in keeping ourselves and our community safe.

With Warm Regards,

Principal

Annexure:

**Monkey Pox**

CDC <https://www.cdc.gov/poxvirus/monkeypox/index.html>

**MoFHW**

<https://main.mohfw.gov.in/sites/default/files/Guidelines%20for%20Management%20of%20Monkeypox%20Disease.pdf>

**Hand Mouth Foot Disease**

<https://www.cdc.gov/hand-foot-mouth/index.html>

<https://www.prevention.com/health/a40979387/what-is-tomato-flu/>

**Tomato Flu:**

Lancet article: [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(22\)00300-9/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(22)00300-9/fulltext)

<https://www.prevention.com/health/a40979387/what-is-tomato-flu/>

## MONKEYPOX

**Monkeypox** is a zoonotic infection caused by the monkeypox virus. It is an orthopoxvirus virus that is very related to smallpox. This virus was contained to a few countries in Africa, but nowadays cases started appearing around the world. As of May 25th 2022, there are reported & confirmed cases of around **220** and suspected **90** cases. The incubation period of this disease is between **5 to 21** days. Symptoms can be mild to severe and the lesions can be very itchy or painful. The good news is the risk to the general public remains very low and there is a vaccine available for targeted vaccination of close contacts if required.

### SYMPTOMS OF MONKEYPOX



Rash with blisters on all body parts



Fever



Swollen lymph nodes



Headaches



Muscle & Back pain



Low energy

Credit: WHO Unsplash.com

### MONKEYPOX TRANSMISSION



Skin-to-Skin Contact



Face-to-Face Contact



Mouth-to-Skin Contact



During Sex



Touching infected bedding, towels, clothing etc.

### HOW TO PROTECT YOURSELF FROM MONKEY POX



Hand Hygiene



Avoid Close Contact



Practice Safe Sex



Wear Mask if you can't avoid close contact



Check for symptoms before close contact

## HAND, FOOT AND MOUTH DISEASE

Hand, foot, and mouth disease (HFMD) is a very contagious viral infection. It's caused by viruses from the Enterovirus genus, most commonly the coxsackievirus. This is an infectious disease that occurs most commonly in infants and children younger than 5 years old, but can also occur in adolescents and occasionally in adults. In most cases, the disease is mild and self-limiting. Most children have mild symptoms for 7 to 10 days. The virus usually clears up on its own.

### SYMPTOMS OF HFMD



Fever & flu



Rashes on hands & feet



Mouth sore



Decreased appetite



Drooling



Irritability

### TRANSMISSION OF HFMD



Person-to-person contact



Respiratory droplets



Contaminated surfaces and objects

© Getty Images / iStock

### PREVENTION OF HFMD



Hand washing /Hand sanitisation



Clean and disinfect



Avoid touching eyes, nose, and mouth



Avoid close contact with sick people



Stay home if you are sick with symptoms of HFMD

## INFLUENZA (FLU)

**Influenza (flu)** is a viral infection that attacks the respiratory system. It is a highly contagious disease and is normally spread by coughs and sneezes of an infected person. Flu is different from a cold. Flu usually comes on suddenly. For most people, influenza resolves on its own. But sometimes, the complications can be serious and even fatal. These are more common in children than in adults. The onset of flu symptoms is seen 1-4 days after the infection.

### WHO ARE AT HIGHER RISK



Children under Age 5



Adults above 65 years



People With Chronic Illness



Pregnant Women



People with weak Immune System

### SYMPTOMS



Sore Throat



Muscle or body aches



Headaches



Fever/ Feverish chills



Cough



Sweats



Running Nose / Nasal Congestion



Fatigue/Tiredness

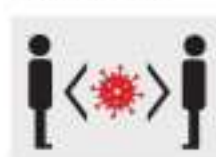
### CARE & TREATMENT



Consult a Doctor



Cover coughs/ sneezes



Limit close contact with others



Avoid touching your eyes, nose, and mouth.



Hand Hygiene



Plenty of Rest



Drink Plenty of Liquids



Intake Vitamin C Rich Food



Flu Vaccination

## TOMATO FLU

Tomato flu is a clinical variant of the hand, foot, and mouth disease, a common viral infection. This illness is caused by coxsackievirus A16. This is very contagious and affects mostly children aged 1 to 10 years, immune-compromised adults, and sometimes exposed, immune-competent adults. This is a self-limiting illness and no specific drug exists for its treatment. Tomato flu gained its name on the basis of the eruption of red and painful blisters throughout the body that gradually enlarge to the size of a tomato.

### SYMPTOMS



Rashes /sores on palms & soles



Sores on the tongue, gums



Intense pain in joints



High Fever



Fatigue



Nausea/ vomiting

### PREVENTION & CARE



Isolation  
5-7 days



Plenty of Rest



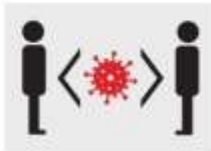
Hot water sponge for the relief of irritation



Respiratory Hygiene



Follow good Personal Hygiene



Limit close contact with others



Drink Plenty of Liquids