



CHRIST SCHOOL-CBSE

Affl. No. 831274 ; School Code : 46907

Date: 08-01-2025

AWARENESS AND SAFETY MEASURES

Dear Parents and Students,

Greetings from Christ School CBSE, Bengaluru!

In light of recent reports about the spread of Human Metapneumovirus (HMPV) in China, the Government of Karnataka and the Department of Health and Family Welfare have issued safety guidelines. While no cases of HMPV have been reported in Karnataka, it is essential for all of us to remain vigilant and take preventive measures to stay safe and healthy.

We kindly urge you to follow these Do's and Don'ts for your well-being:

Do's

1. Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
2. Wash your hands frequently with soap and water or use an alcohol-based sanitizer.
3. Avoid crowded places and maintain physical distance whenever necessary.
4. Stay home if you have a fever, cough, or are sneezing.
5. Ensure good ventilation in all indoor spaces to reduce the risk of infection.
6. Drink plenty of water and eat nutritious food to boost your immunity.

Don'ts

1. Do not reuse tissues or handkerchiefs; dispose of them responsibly after use.
2. Avoid close contact with sick individuals and refrain from sharing towels or linens.
3. Refrain from frequently touching your eyes, nose, and mouth.
4. Do not spit in public places.
5. Avoid self-medication; consult a physician if you feel unwell.

At Christ School CBSE, we remain committed to the health and safety of our students and staff. Together, let us adhere to these guidelines and take proactive measures to ensure a safe and healthy environment for everyone.

Thank you for your cooperation and support.

Sincerely,

Fr. Johnson Abraham Kadaparambil CMI
Principal

