



March 12, 2020

Dear Parents,

In continuation with my circular dated 7th March, Parents who have recently visited Corona affected countries should not send their children to school for the next 15 days. This is for the safety of everyone at SVIS. I hope parents understand the gravity of the situation and co-operate with the school authorities.

Coronavirus disease (COVID-19) is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties. In case you are having any of the symptoms, you should be **self –quarantined** for 15 days.

More rarely, the disease can be fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

It is necessary to boost the immune system as this virus affects persons with weak immunity. Give your child 5 to 10 leaves of **Tulsi** every morning, one teaspoon of **turmeric powder** with cow milk and 1 teaspoon of **cinnamon powder** with honey. These are some simple home remedies which can be very helpful in building the immune system and keeping infections at bay.

Educate your children to frequently wash their hands with soap and water for at least **25 seconds** or using a hand sanitizer that contains at least 70 percent alcohol if soap and water are not available.

Avoid going to public places if not important. Avoid touching any surfaces in public places. Refrain from touching your eyes, mouth and nose. Avoid shaking hands with anyone, instead use the traditional Indian way of greeting 'Namaste'.

Please do not worry about the approaching examinations as this would be taken care of by the school. Taking care of your child's health is of utmost importance and the need of the hour as WHO has declared corona virus crisis as a 'PANDEMIC'.

Important decisions taken at the 2nd meeting of GoM on COVID19 today.

1. All existing visas, except diplomatic, official, UN/International Organizations, employment, project visas, stand suspended till 15th April 2020. This will come into effect from 1200 GMT on 13th March 2020 at the port of departure.
2. Visa free travel facility granted to OCI card holders is kept in abeyance till April 15th 2020. This will come into effect from 1200 GMT on 13th March 2020 at the port of departure.
3. Any foreign national who intends to travel to India for compelling reason may contact the nearest Indian Mission.
4. All incoming travellers, including Indians, arriving from or having visited China, Italy, Iran, Republic of Korea, France, Spain & Germany after 15th Feb, 2020 shall be quarantined for a minimum period of 14 days. The above will come into effect from 1200 GMT on 13th March 2020 at the port of departure.
5. Incoming travellers, including Indian nationals, are advised to avoid non-essential travel and are informed that they can be quarantined for a minimum of 14 days on their arrival in India.
6. Indian nationals are strongly advised to avoid all non-essential travel abroad. On their return, they can be subjected to quarantine for a minimum of 14 days.
7. International traffic through land borders will be restricted to designated check posts with robust screening facilities. These will be notified separately by M/o Home Affairs.
8. Provision for testing primarily for students/compassionate cases in Italy to be made and collection for samples to be organized accordingly. Those tested negative will be allowed to travel and will be quarantined on arrival in India for 14 days.



(Yogesh Patel)
Director