

Cir. /2022-23/24
March 1st, 2023

LAKSHMIPAT SINGHANIA ACADEMY, KOLKATA
12-B ALIPORE ROAD, KOLKATA 700027

Dear parents,

As we are all aware of the rising cases of adenovirus infection amongst various age groups, we are concerned about the health of our students and their families. We wish to apprise you of the same, and take the necessary precautions.

The symptoms of adenovirus infections depend on which part of the body the virus infects. The virus most commonly infects the respiratory system and can cause symptoms similar to the common cold or flu. Symptoms or conditions that may be experienced include cough, fever, runny nose, sore throat (pharyngitis), conjunctivitis, Ear infection, swollen lymph nodes, bronchitis, pneumonia.

Adenoviruses can also affect the gastrointestinal tract, and may cause diarrhoea. You may also experience gastroenteritis. Gastroenteritis is inflammation of your stomach or intestines. It can cause stomach pain, diarrhoea, nausea and vomiting.

We can reduce the risk of suffering with an adenovirus infection by following these norms -

- Wearing a mask as far as possible.
- Washing hands with soap and water often. Wash for at least 20 seconds.
- Avoid touching the T Zone (mouth, nose and eyes)
- Try to stay away from people who are sick.
- Cleaning and disinfecting the child's toys often.
- Clean counters, sinks and other hard surfaces with a bleach and water mixture.

If one has acquired the adenovirus infection, then one can protect others by:

- Isolating oneself.
- Sneezing and coughing into the elbow or a tissue, instead of coughing or sneezing into one's hand.
- Not sharing utensils, cups, towels and pillows with others.
- Maintaining a distance from other people. Avoid hugging.
- Washing one's hands frequently.

We are sure that if we take proper precautions, we will be able to make a safer place for all.

For **LAKSHMIPAT SINGHANIA ACADEMY**

Jaya Misra

Vice-Principal